

What we already know (Stage 7):

- Can explain the importance of good a good body position when sprinting and describe the advantages of this when competing.

**Athletics
Year 8/9****What's next (Stage 8)**

- Can explain the four phases of the long jump, approach run, take off, flight and landing.

Physical Education Golden Concepts

Health related fitness

Movement and agility

Teamwork and communication

Fundamental skills

Building confidence and leadership

Key Vocabulary

Sprint	Running at maximum speed over a short distance.
Pace	The speed or rhythm maintained during a run.
Relay	A team running race where a baton is passed between runners.
Take-off	The action of leaving the ground during a jump.
Landing	Finishing a jump safely and with balance.
Throw	Sending an object (e.g., javelin, shot, discus) with power and control.
Technique	The correct way to perform a skill for best results.
Acceleration	Increasing speed quickly at the start of a race.
Endurance	The ability to keep going over a longer distance or time.

What I will know by the end of the unit:

Perform key skills and techniques in track and field events such as sprints, relays, jumps, and throws.

Demonstrate control and coordination in running, jumping, and throwing activities.

Understand and apply correct techniques, such as starting position, take-off, and follow-through.

Use pacing and acceleration to improve performance in different running events.

Recognise how fitness components such as strength, speed, power, and endurance contribute to success.

