

Athletics Unit of Work

Yrs 7 – 10

Year	1	2	3	4	5	6	7	8	WW
7	100m Sprint Tech Timed	200m Timed	800m Pacing Timed	1500m Pacing Timed	Change Over Technique 9 man	Introduction To throwing Push, pull, sling	Rounders Ball throw Technique Measured	Long Jump Technique Measure	High Jump Technique Measure
8	100m Sprint Tech Timed	200m Timed	800m Pacing Timed	1500m Pacing Timed	Change Over Technique 9 man	Shot Putt Technique Measure	Javelin Technique Measure	Long Jump Technique Measure	High Jump Technique Measure
9	100m Sprint Tech Timed	200m Timed	800m Pacing Timed	1500m Pacing Timed	Change Over Technique 9 man	Shot Putt Technique Measure	Discus Technique Measure	Long Jump Technique Measure	High Jump Technique Measure
10	100m Sprint Tech Timed	200m Timed	800m Pacing Timed	1500m Pacing Timed	Change Over Technique 9 man	Javelin Technique Measure	Discus Technique Measure	Long Jump Technique Measure	High Jump Technique Measure