

Meden School Curriculum Planning

Subject	CORE PE	Year Group	8	Sequence No.	N/A	Topic	Athletics
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Retrieval	Core Knowledge	Student Thinking
What do teachers need to retrieve from students before they start teaching new content ?	What specific ambitious knowledge do teachers need teach students in this sequence of learning?	What real life examples can be applied to this sequence of learning to development of our students thinking, encouraging them to see the inequalities around them and 'do something about them!'
<p>For Athletics, students will have their own knowledge of the events they regularly participate within outside of school or from Year 7 Athletics lessons.</p> <p>Athletics</p> <ul style="list-style-type: none"> - Running Events – Students should know the basic rules and regulations for the 100m, 200m, 800m, 1500m and relay. - Jumping Events – students should know the basic rules and regulations for the long and high jump. - Throwing Events – students should know the basic rules and regulations for the javelin and shot putt event. - Knowledge of their local Athletics clubs (Mansfield Harriers and Sutton Athletics Club) - Knowledge of role models within the sport from the 	<p>Within Year 8, students are introduced to the techniques required to be successful within all athletics events.</p> <p>Athletics</p> <p>Running Events</p> <p>100m/200m</p> <p>Sprint Start</p> <p>'Take Your Marks'</p> <ul style="list-style-type: none"> o Dominant foot remains in the distance behind the line whilst other foot goes back so the knee of that leg is in line with the heel of the front foot o Foot and knee should be hip width apart so a fist can fit between the gap o Hands in a 'pyramid' shape on the line in front of the foot and knee <p>'Set'</p> <ul style="list-style-type: none"> o Runner lifts up so there is a straight line from the hips down to the head carriage o Knee of the back leg comes off the floor and is in a bent position o Student lean forward so momentum starts to go towards the finish line o Head faces forward <p>'Go'</p> <ul style="list-style-type: none"> o The runner gradually comes to an upright position to prevent losing the momentum that has been generated <p>Sprint Technique</p>	<p>Each week, a key theme will run through all PE lessons linked to real life examples. These will be linked to the particular sport the students are on at the time and will be consistent across the department. The aim will be for students to develop their thinking within the sport, recognise the inequalities within the sport (linked to the topic) and do something about them. A large number of the key themes will come from the CNAT Sport and GCSE PE specification to prepare KS3 students for the option they can take within PE at KS4.</p> <ol style="list-style-type: none"> 1. Physical Activity Government Guidelines and Recommendations - students should have 60 minutes of moderate to high intensity exercise every day. Do they get this? How? 2. Barriers to Participation for Children and Teenagers 3. Solutions to the Barriers 4. Current Issues in Sport/Sport in the News - Linked to the impact of PE on Mental, Physical or Social Health 5. Physical Benefits of Sport and PE on the Body 6. Social Benefits of Sport and PE on the Body 7. ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE 8. Popularity of Sport in the UK – what are the current trends for the most popular sport in the UK. Why are they the most popular sports?

<p>Olympics – Usain Bolt, Mo Farah, Jessica Ennis</p> <p>- Knowledge of personal best scores and Olympic records within each event and what they should be aiming for at their age</p>	<ul style="list-style-type: none"> ○ Head Carriage – Head should be upright with forward focus throughout the race. The runner should not turn their head to see where other runners are ○ Arm Action – Arms should drive back and forth in a 90-degree angle at the side of the body. They should not cross in front of the body. ○ Leg Action – Stride length should be as long as possible to create more force. The knee should come high to allow for long stride lengths <p>800m/1500m</p> <ul style="list-style-type: none"> ○ Start – Runners should push off from the curved start with a good pace to ensure they get a good position after 100m in the inside lane ○ Running Technique – Runners should have a relaxed upright torso and a straight head carriage. The focus of the runner should be forward with a long stride length and consistent arm action at the side of the body. ○ Finish – Runners should save enough energy to be able to sprint the final 100m for a strong finish to the race. They should try to use a sprint technique within the final 100m of the race <p>Relay</p> <ul style="list-style-type: none"> ○ Student should hold the baton at the bottom ○ Runners collecting the baton should grab it from the top ○ Runners collecting the baton should set off when the baton is within 10m of them <p>Jumping Events</p> <p>Long Jump</p> <ul style="list-style-type: none"> ○ Approach – full sprint rather than a jog or bound ○ Take Off – One footed take off from the board with the knee of the opposite leg driving upwards to hip height. Both arms must swing upwards to generate height and the hips must be thrust upwards and forwards. ○ Landing – Two footed landing into the pit. Aim to fall forwards if unbalanced and place hands in front of the body not behind 	<ol style="list-style-type: none"> 9. Emerging/Growing Sports in the UK – which sports are new to the UK? How can we make them more popular? 10. National Governing Bodies – What is their role within a sport? What are the key NGB's for each sport? 11. Major Sporting Events – What are they? When and where do they occur? 12. Olympic Creed and Olympic Values 13. Current Issues in Sport/Sport in the News – Linked to new sports, growing sports or a major sporting event occurring 14. ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE 15. Sporting Values – Excellence – Linked to Role Models and demonstrating excellence within a sport 16. Sporting Values - Tolerance and Respect 17. Sporting Values – Fair play 18. Sporting Values – Teamwork and Inclusion 19. Sporting Values - Citizenship 20. ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE 21. Performance Enhancing Drugs – What are they and why are they taken? 22. Gamesmanship and Deviance 23. Sportsmanship and Success of Teams 24. Current Issues in Sport/ Sport in the News – linked to examples of athletes demonstrating sportsmanship, gamesmanship or taking performance enhancing drugs 25. ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE 26. Money in Sport – Wage disparity between certain sports and genders. Amateur vs professional sport
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High Jump

- **Approach** - Run on a curve from the side of preference from the performer. The last step should be from the foot furthest away from the bar.
- **Take Off** – students should be side on from the bar, and as close to the bar as possible without touching it.
- **Flight** - Fosbury flop is the most common way to clear the bar so the jumper lands on their upper back. Jumper must rotate in the air so their back is facing the bar as they clear it. To clear the bar, they must arch and un-arch.
- **Landing** – The jumper must land on the bed on their upper back and shoulder to avoid injury

Throwing Events

Javelin

Preparation - Stance and Grip

- Hold the Javelin using one hand. Hold the cord grip with your full hand around it or with the 'V Grip' technique (first and second fingers split around the top of the cord grip)
- Have the metal head of the javelin facing forward and the tail behind
- Keep the throwing arm as a 90-degree angle so that the hand is level with the ear of the thrower
- Face forwards with head and vision forward
- Stand sideways on to the throw line with the throwing hand furthest back from the line
- The javelin should have a slight lean so the metal head is slightly higher than the tail (45-degree angle)

Pull Throw (Angle of Release)

- All weight should be on the back foot with the knee bent
- Extend the throwing arm back so the arm is fully extended and straight
- As the javelin is pulled through, bring the arm into a 90-degree angle at the side of the head
- Transfer the weight from the back to the front foot

Recovery

- 27. Technology in Sport** – How has it advanced? Advantages and Disadvantages
- 28. Gender in Sport** – challenging stereotypes in sports as the player, official or manager
- 29. Paralympics and Disabled Sport** – examples of sports and accessibility
- 30. Race and Equality in Sport** – examples of campaigns within sports – Kick it out campaign and RESPECT
- 31. LGBTQ** - Pride Sport – their role in challenging LGBTQ phobia in sport
- 32. ME in PE – Couch to 5km and Meden Park Run Challenge** – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE
- 33. Diet and Nutrition**
- 34. Skeletal and Muscular System**
- 35. Cardiovascular System**
- 36. Respiratory System**
- 37. Assessing Risk in Sport**
- 38. Sporting Injuries**
- 39. Current Issues in Sport/ Sporting News** – linked to injuries, new science, diet, nutrition etc
- 40. ME in PE – Couch to 5km and Meden Park Run Challenge** – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE

	<ul style="list-style-type: none"> ○ Follow through with the arm in front of the body to ensure momentum is not lost <p>Shot Putt</p> <p>Preparation - Stance and Grip</p> <ul style="list-style-type: none"> ○ Hold the Shot using one hand. Hold shot in the fingertips and not the palm ○ Place the shot into the side of the neck underneath the jawline ○ Keep the elbow high ○ Stand sideways on to the throw line with the throwing hand furthest back from the line ○ All weight should be on the back foot with a lean of the body downwards towards the back foot ○ Chin, Knee and Toe all in line <p>Push Throw (Angle of Release)</p> <ul style="list-style-type: none"> ○ All weight should be on the back foot with the knee bent ○ Keep the elbow high and push the shot forward from the position in the neck <p>Recovery</p> <ul style="list-style-type: none"> ○ Follow through with the arm in front of the body to ensure momentum is not lost 	
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