

YEAR 10

PHYSICAL EDUCATION- Unit Outline - ATHLETICS



Course Description:

Students will develop higher levels of skills in the various athletics disciplines. Students demonstrate these skills in the different fields culminating in the inter-faction and interschool athletics carnivals.

Course Outcomes:

By the end of this unit students should be able to:

- **Correctly throw a Shot Put for distance.**
- **Properly throw a Discus for distance**
- **Successfully execute a high jump, long jump and triple jump**
- **Sprint for speed**
- **Effectively pace themselves for a long distance run**
- **Apply throwing and catching skills in team game situations**
- **Strive for personal bests**
- **Demonstrate communication and co-operation skills that enhance interpersonal and group interaction**

Course Organisation:

The organisation of the unit will be:

All lessons are practical sessions with times, distances and measurements recorded for the carnival. Students will be given a number of opportunities to have these results recorded, with the expectation they will improve over the course of the term.

The focus is on developing the students' skills with the expectation they will transfer them into a competitive environment where higher levels of skill can be demonstrated.

Please note: Inclement weather, incursions, excursions and assemblies can all alter the schedule of this course.

Course Vocabulary:

Shot-put, triple jump, timing, distance, length, track, pit, buns, bar, sprint,

Course Timeline:

Wk	Activity	Assessment
1	Shot Put & 100 metre sprint	On-going Skill Development & Recording for Personal Best: Using the Outcome & Standards Checklist in Physical Education.
2	Long jump & 200 metre sprint	On-going Skill Development & Recording for Personal Best: Using the Outcome & Standards Checklist in Physical Education.
3	800 metre run & triple jump	On-going Skill Development & Recording for Personal Best: Using the Outcome & Standards Checklist in Physical Education.
4	High jump	On-going Skill Development & Recording for Personal Best: Using the Outcome & Standards Checklist in Physical Education.
5	400 metre run & Discus	On-going Skill Development & Recording for Personal Best: Using the Outcome & Standards Checklist in Physical Education.
6	Team Game & Relay Practice	On-going Skill Development & Recording for Personal Best: Using the Outcome & Standards Checklist in Physical Education.
7	Athletics Faction Carnival	On-going Skill Development & Recording for Personal Best: Using the Outcome & Standards Checklist in Physical Education.
8	Team games	On-going Skill Development & Recording for Personal Best: Using the Outcome & Standards Checklist in Physical Education.
9	Teams games	On-going Skill Development & Recording for Personal Best: Using the Outcome & Standards Checklist in Physical Education.
10	Country Week	On-going Skill Development & Recording for Personal Best: Using the Outcome & Standards Checklist in Physical Education.

