



Year 7 Indoor Athletics Learning Journey



Equipment needed

- Turn boards
- Javelin
- Shot put
- Speed Bounce
- Measuring Tape

Reminders

- We will be inside for these lessons.
- You may do these sports in a different order to what is shown below

<u>Lesson</u>	<u>Topic</u>
<u>Lesson 1</u>	Turn boards and Sprinting Effective use of turn boards when sprinting.
<u>Lesson 2</u>	Sprinting and Obstacle Relay Apply sprinting skills to the obstacle relay.
<u>Lesson 3</u>	Endurance Running Look at endurance running technique.
<u>Lesson 4</u>	Standing Jumps Look at vertical and standing long jump.
<u>Lesson 5</u>	Static Throwing Look at shot put and javelin.
<u>Lesson 6</u>	Circuit session including speed bounce Apply all skills learnt to a circuit.

Keywords

Obstacle

Endurance

Circuit

Effective