


Learning Plan – Summer 1		Subject/Pwnc: Health and Wellbeing (PE) Athletics	Year/Blwyddyn: 7
<p><u>The Four Purposes in Health and Wellbeing:</u></p> <p>Ambitious, capable learners, who: set themselves high standards; seek and enjoy challenge; ask questions; enjoy solving problems; use number effectively in different contexts; interpret data and apply mathematical concepts.</p> <p>Enterprising, creative contributors, who: connect and apply their knowledge and skills to generate ideas; think creatively to solve problems; identify and grasp opportunities; take measured risks; lead and play different roles in teams effectively; give of their energy and skills so that other people will benefit.</p> <p>Ethical, informed citizens, who: find, evaluate and use evidence in forming views; consider the impact of their actions; know about their culture, community, society and the world.</p> <p>Healthy, confident individuals, who: build their mental and emotional well-being; are confident, resilient and empathetic; apply knowledge about the impact of diet and exercise on physical and mental health in their daily lives; take part in physical activity; have the confidence to participate in performance; form positive relationships based upon trust and mutual respect; face and overcome challenge; develop skills and knowledge to manage everyday life.</p> <p>Knowledge focus/what matters: Enhancing a range of oracy, analysis and evaluation skills across different summer sports, in particular Indoor Athletics. 10 Keywords: Sprint Start, Acceleration, Pacing, Stride Length, Endurance, Take-off, Flight Phase, Landing, Release Angle and Power.</p>			
			
Learning objective/key question	What will I know and be able to do? I can...	How will I develop my skills? (Success Criteria)	Homework/Gwaith cartref to support progress
Week 1 13/4/26 Sprinting 100m	<ul style="list-style-type: none"> Identify key terms related to sprinting. Explain the importance of proper technique in sprinting. Demonstrate effective sprinting techniques in practice. Evaluate own and peers' performance. Suggest improvements for sprinting techniques based on collective feedback. 	<ul style="list-style-type: none"> I can recall a list of important sprinting terms and define them. I can use oracy skills to describe why good sprinting technique matters. I can confidently demonstrate effective sprinting techniques in practice. I can use analysis and evaluation skills on my own and peers' performance. I can construct suggestions for improvements for my own and peers' sprinting techniques. 	<p>Wk 1</p> <p>Homework: Research a top athlete that has great success in 1500m race.</p> <p>Set:13/4/26</p> <p>Due:20/4/26</p>

<p>Week 1 13/4/26 Long Jump</p>	<ul style="list-style-type: none"> • Understand and apply the fundamental techniques of long jump. • Demonstrate improved performance in this activity. • Understanding the approach, take-off, and landing techniques. 	<ul style="list-style-type: none"> • I can describe the correct approach run pattern. • I can understand the take-off technique and demonstrate it. • I can explain the safe and correct flight and landing technique. 	<p>Wk 1</p>	
<p>Week 2 20/4/26 Running 1500m</p>	<ul style="list-style-type: none"> • Describe the importance of physical fitness and endurance in running. • Demonstrate proper running techniques during the 1500m run. Analyse and evaluate their own running performance and identify areas for improvement. 	<ul style="list-style-type: none"> • I can recall at least 3 reasons why fitness and endurance are important for long-distance running. • I can demonstrate correct form by starting with a controlled, sustainable pace strategy and maintain upright, relaxed posture throughout. • I can set a personal goal before my run (e.g. maintain a steady pace, finish without stopping) and reflect after running on whether I achieved my goal, identify what went well (strengths) and what needs work (areas for improvement). 	<p>Wk 2</p>	<p>Homework: Research key teaching points for 400m run</p> <p>Set:13/4/26</p> <p>Due:20/4/26</p>
<p>Week 2 20/4/26 Throwing a javelin (pulling)</p>	<ul style="list-style-type: none"> • Identify the key teaching points for throwing a javelin. • Apply and demonstrate the javelin technique in practice. • Analyse a throw, as well as, measuring the throw. 	<ul style="list-style-type: none"> • I can recall and describe how to carry out an accurate javelin throw, to include grip, stance, run-up, withdrawal and release and follow through. • I can demonstrate correct form throwing a javelin using the correct grip, stance, swing action and release, following all safety rules. • I can evaluate my peers' throw and orally give targets ready for the next throw. • I can confidently measure the throw using a tape measure. 	<p>Wk 2</p>	
<p>Week 3 27/4/26 400m</p>	<ul style="list-style-type: none"> • Understand the physiological principles of middle-distance running. • Accurately apply techniques for running efficiently and safely during their practice. • Analyse their performance based on personal goals using reflective techniques. 	<ul style="list-style-type: none"> • I can explain and accurately describe the different physiological principles of middle-distance running. • I can demonstrate a sensible pace strategy for my ability • I can set a personal goal before my run (e.g. maintain a steady pace, finish without stopping) and reflect after running on whether I achieved my goal, identify what went well (strengths) and what needs work (areas for improvement). 	<p>Wk 3</p>	<p>Homework: What are the key teaching points of throwing a shot put?</p> <p>Set:27/4/26</p> <p>Due:4/5/26</p>

<p>Week 3 27/4/26 Throwing a shot put (pushing)</p>	<ul style="list-style-type: none"> Recall the key teaching points for throwing a shot put. Apply and demonstrate the shot putt technique in practice. <ul style="list-style-type: none"> Analyse a throw, as well as, measuring the throw. 	<ul style="list-style-type: none"> I can explain how to carry out an accurate shot putt throw. I can demonstrate correct form throwing a shot put using the correct grip, placement and stance, following all safety rules. I can self-evaluate my performance using digital resources (ipad). <ul style="list-style-type: none"> I can confidently measure the throw using a tape measure. 	<p>Wk 3</p>	
<p>Week 4 4/5/26 Running 800m</p>	<ul style="list-style-type: none"> Recap the physiological principles of middle-distance running. Accurately apply techniques for running efficiently and safely during their practice. Analyse their performance based on personal goals using reflective techniques. 	<ul style="list-style-type: none"> I can recall and accurately describe the different physiological principles of middle-distance running. I can demonstrate a sensible pace strategy for my ability. I can set a personal goal before my run (e.g. maintain a steady pace, finish without stopping and using my previous results from the 400m) and reflect after running on whether I achieved my goal, identify what went well (strengths) and what needs work (areas for improvement). 	<p>Wk 4</p>	<p>Homework: Students can create a short presentation about a famous discus athlete and their record throw, highlighting their technique.</p> <p>Set:4/5/26</p> <p>Due:11/5/26</p>
<p>Week 4 4/5/26 Throwing a discus (hurling)</p>	<ul style="list-style-type: none"> Recall the key teaching points for throwing a discus. Apply and demonstrate the discus technique in practice. Analyse a throw, as well as, measuring the throw. 	<ul style="list-style-type: none"> I can explain how to carry out an accurate discus throw. I can demonstrate correct form throwing a discus using the correct grip, stance, swing action and release, following all safety rules. I can analyse and evaluate my peers' throw and compare their different throws. I can confidently measure the throw using a tape measure. 	<p>Wk 4</p>	<p>Homework: See above</p> <p>Set:</p> <p>Due:</p>
<p>Week 5 11/5/26 200m Sprint</p>	<ul style="list-style-type: none"> Recall key terms related to sprinting. Recall the importance of proper technique in sprinting. Demonstrate effective sprinting techniques in practice. Evaluate own and peers' performance. Suggest improvements for sprinting techniques based on collective feedback. 	<ul style="list-style-type: none"> I can recall a list of important sprinting terms and define them. I can use oracy skills to describe why good sprinting technique matters. I can confidently demonstrate effective sprinting techniques in practice. I can use analysis and evaluation skills on my own and peers' performance. I can construct suggestions for improvements for my own and peers' sprinting techniques. 	<p>Wk 5</p>	

<p>Week 5 11/5/26 Jumping High Jump</p>	<ul style="list-style-type: none"> • Understand and apply the fundamental techniques of high jump. • Demonstrate improved performance in this activity. • Understanding the approach, take-off, and landing techniques. 	<ul style="list-style-type: none"> • I can describe the correct approach run pattern. • I can understand the take-off technique and demonstrate it. • I can explain the safe and correct flight and landing technique. 	<p>Wk 5</p>	<p>Homework:</p> <p>Set:</p> <p>Due:</p>
<p>Week 6 Mini Olympics Activity (2 lessons)</p>	<ul style="list-style-type: none"> • Able to recall the above and put in to a competitive situation in teams. 	<ul style="list-style-type: none"> • I am able to record results accurately • I am able to work in a team to collate results for each event. 	<p>Wk 6 (x2)</p>	
<p>Ongoing assessment throughout the unit</p>				