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| Learning Objectives | Key Vocabulary | | |
| * Image result for athleticsDemonstrate a good technique when sprinting and increase the distance when running. * Use the correct technique when changing over the baton in relays. * Demonstrate good techniques for take-off and landing when jumping. * Use the appropriate throwing techniques for different events (shot, discus and javelin). | Steeplechase  Speed bounce  Long jump  Triple jump  Javelin  Shot putt | Discus  Personal best  Obstacle  Combination Control  Timing  Release Distance | |
| Skills | | |
| Sprint  Run  Jump  Balance  Combination jumps | | Land  Javelin throw  Sling technique  Push technique  Take-off |