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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 bounceLong jump Triple jumpJavelin Shot putt | DiscusPersonal bestObstacleCombination ControlTimingRelease Distance |
| Skills |
| Sprint Run Jump BalanceCombination jumps | LandJavelin throwSling techniquePush techniqueTake-off |