

Athletics – Core and advance skills

Track events

	Core	Advanced
Year 7	<ul style="list-style-type: none"> - Leg action - Arm action 	<ul style="list-style-type: none"> - Finishing technique - Sprint starts
Year 8	<ul style="list-style-type: none"> - Head action - Arm action - Leg action - Finishing technique 	<ul style="list-style-type: none"> - Correct posture - Sprint starts
Year 9	<ul style="list-style-type: none"> - Head action - Arm action - Leg action - Correct posture - Sprint starts 	<ul style="list-style-type: none"> - Foot strike - Bend running - Pacing

Decision-making and tactical awareness

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| <ul style="list-style-type: none"> - Pre-race tactics - Changing and adapting your race tactics - Positioning in the field, where to run in the pack, when to lead and when to follow - Timing of kicking for the finish line - Awareness of the rules and regulations of the event and their application (including officials commands/signs) |
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Throwing events

	Core	Advanced
Year 7	<ul style="list-style-type: none"> - Initial stance - Grip and preparation 	<ul style="list-style-type: none"> - Release phase - Throwing actions - Recovery phase
Year 8	<ul style="list-style-type: none"> - Initial stance - Grip and preparation - Release phase - Recovery phase 	<ul style="list-style-type: none"> - Throwing action - Appropriate angle of release
Year 9	<ul style="list-style-type: none"> - Initial stance - Grip and preparation - Release phase - Throwing actions - Recovery phase 	<ul style="list-style-type: none"> Travel - Use of cross step/glide - Rotational throws (where appropriate) Release phase - Appropriate angle of release - Efficient transition between technical phases of the movement

Decision-making and tactical awareness

- Pre-event tactics
- Tactics for qualifying throws
- Changing and adapting your throw tactics
 - Consideration of weather conditions
 - Check mark adjustments (Javelin only)
- Awareness of the rules and regulations of the event and their application (including officials commands/signals)

Jumping events

	Core	Advanced
Year 7	<ul style="list-style-type: none">- Approach- Landing	<ul style="list-style-type: none">- Synchronisation of arm and leg action- Take off- Flight
Year 8	<ul style="list-style-type: none">- Approach- Landing- Take off- Flight	<ul style="list-style-type: none">- Flight- Landing<ul style="list-style-type: none">- Movement of the body beyond initial point of contact (long and triple jump)
Year 9	<ul style="list-style-type: none">- Approach- Landing- Take off- Flight	<ul style="list-style-type: none">- Approach<ul style="list-style-type: none">- Hitting appropriate speed for take off- Efficient transition between the technical phases of the movements- Flight<ul style="list-style-type: none">- Appropriate elevation- Landing<ul style="list-style-type: none">- Movement of the body beyond initial point of contact (long and triple jump)

Decision-making and tactical awareness

- Pre- event tactics
- Tactics for qualifying jumps/entry height and the choice of when to 'pass' on a height/round
- Changing and adapting your jumping tactics:
 - Consideration of weather conditions
 - Appropriate distance/number of steps chosen for the run up
 - In competition check mark adjustment
- Awareness of the rules and regulations of the event and their application (including officials commands/signals)