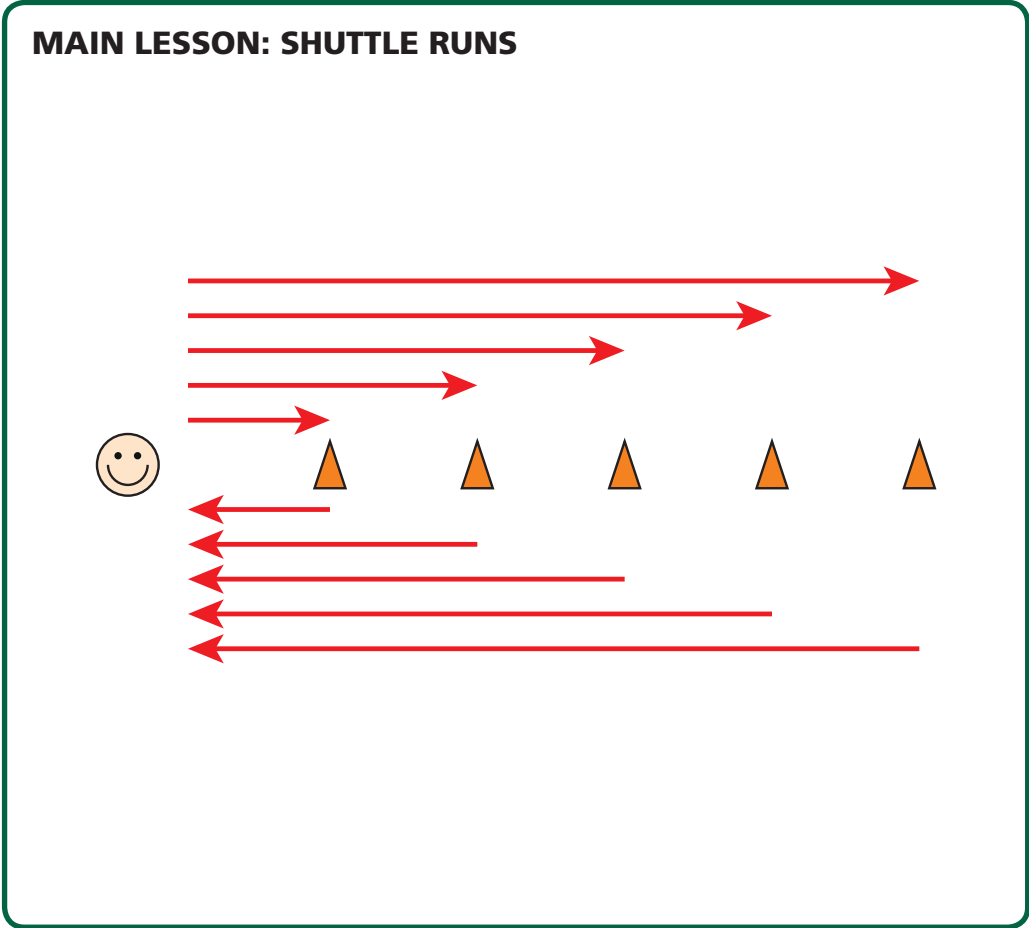
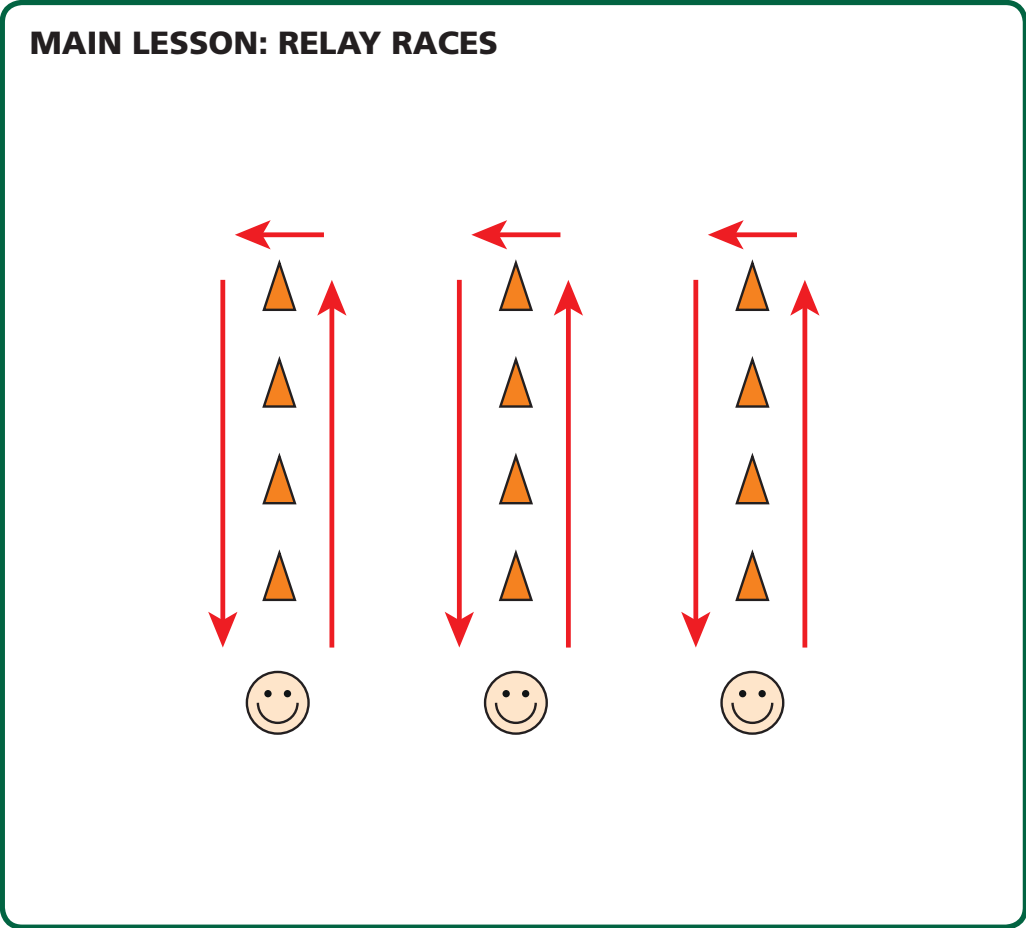





RESOURCE CARD: **ATHLETICS:** YEAR 4

RELATES TO: WEEK 1



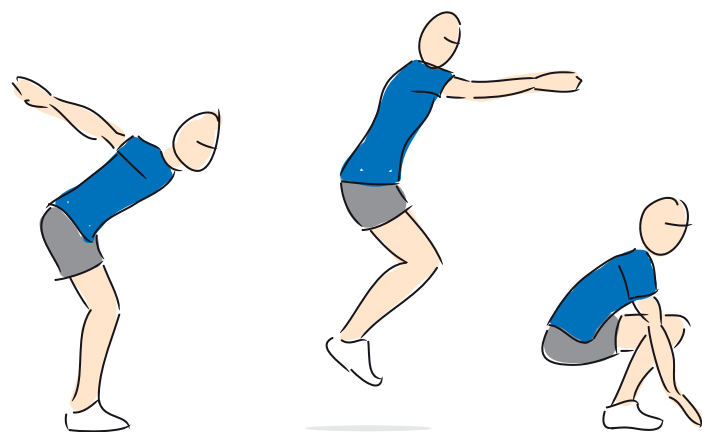
KEY

 Player  Where the player moves to  Cone

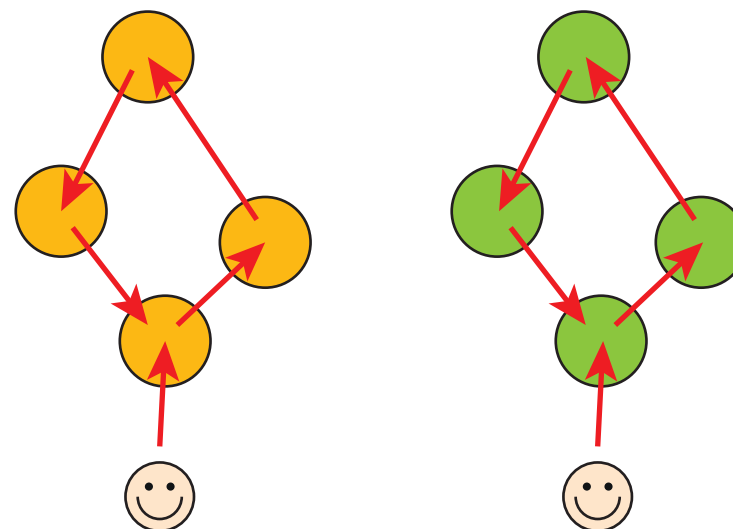
RESOURCE CARD: **ATHLETICS**: YEAR 4

RELATES TO: **WEEK 2**

MAIN LESSON: JUMPING TECHNIQUE



GAME / COMPETITION: TARGET JUMP



KEY



Player



Where the player moves to

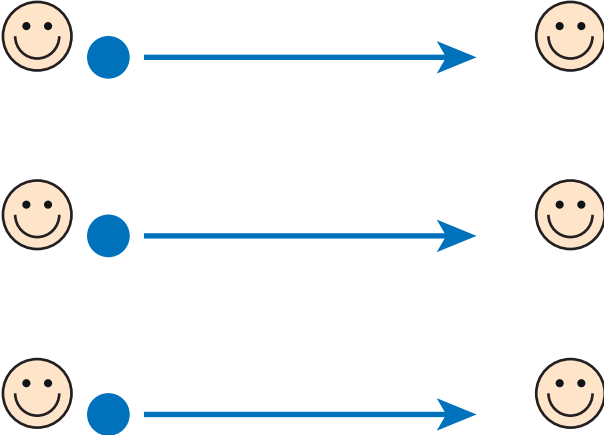


Floor Spots

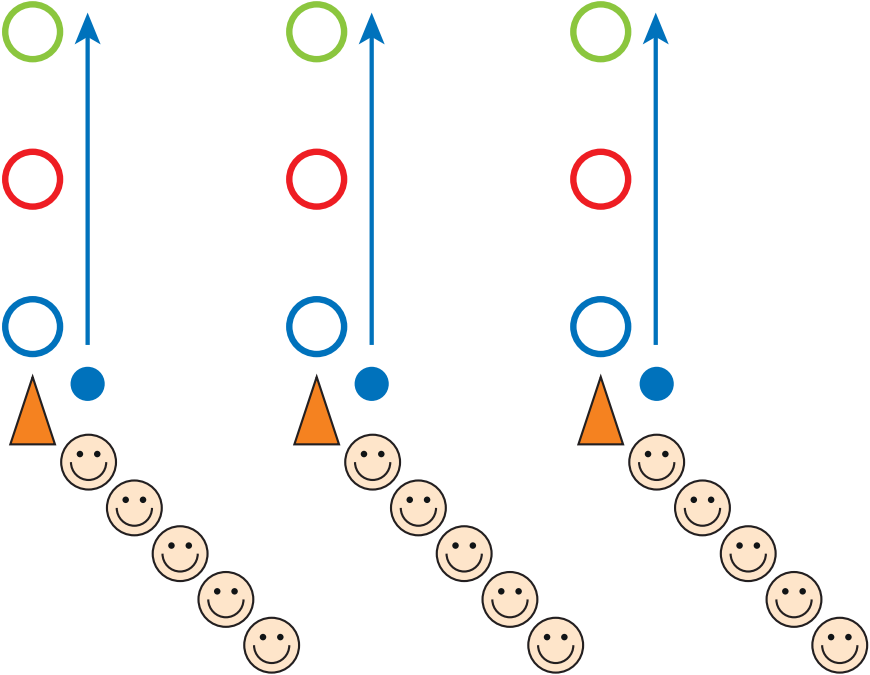
RESOURCE CARD: **ATHLETICS:** YEAR 4

RELATES TO: **WEEK 3**

MAIN LESSON: SEATED PUSH PASS



GAME / COMPETITION: SEATED PUSH PASS TARGET



KEY



Player



Where the ball moves to



Hoop



Cone

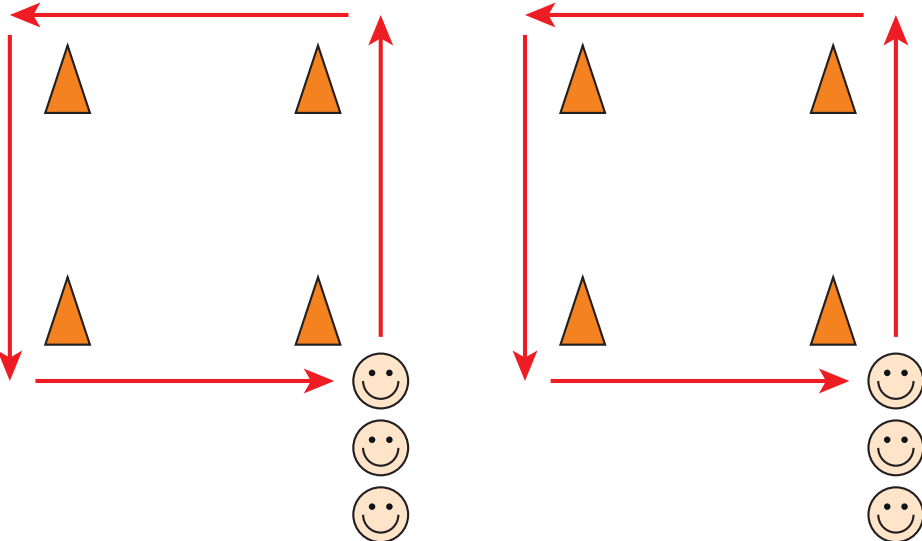


Ball

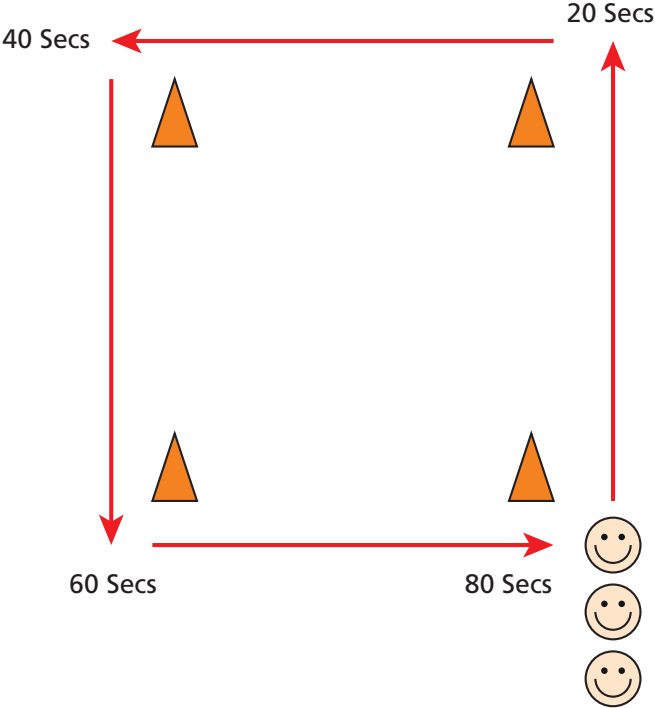
RESOURCE CARD: **ATHLETICS:** YEAR 4

RELATES TO: WEEK 4

MAIN LESSON: TIMING AROUND THE SQUARE



GAME / COMPETITION: LONG-DISTANCE TIMING



KEY



Player



Where the player moves to

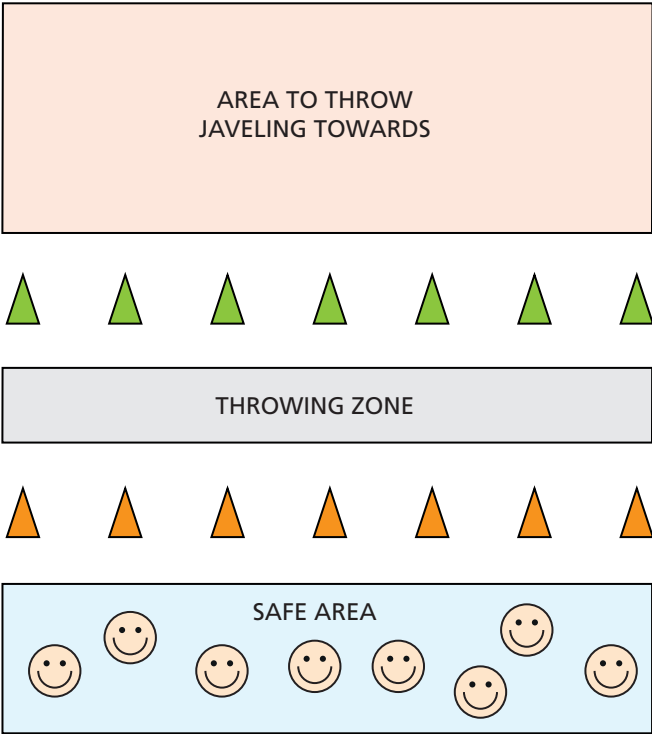


Cone

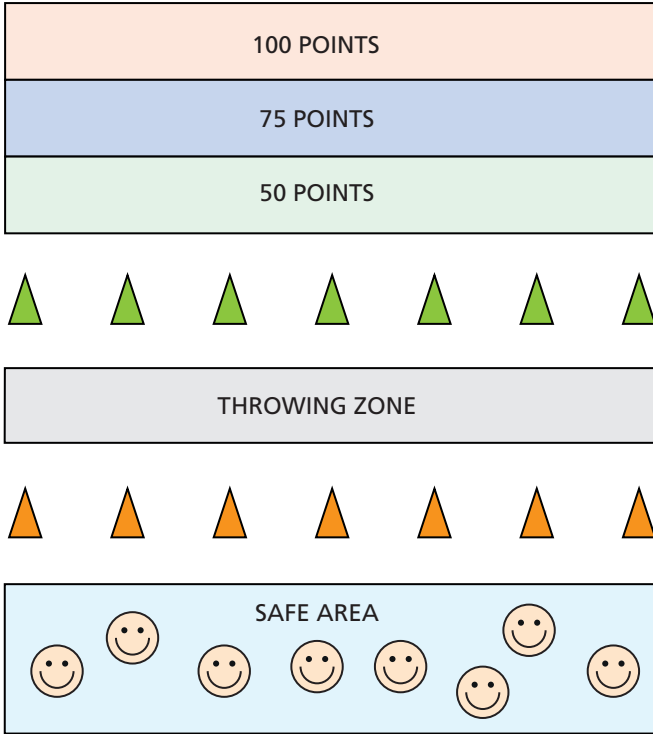
RESOURCE CARD: **ATHLETICS:** YEAR 4

RELATES TO: WEEK 5

MAIN LESSON: THROWING JAVELIN IN A SAFE AREA



GAME / COMPETITION: TARGET THROW



KEY



Player



Cone