

SCHEME OF WORK: **ATHLETICS**: YEAR 4

LESSON	OUTLINE OF LESSON
1	Learn the correct technique for running a short distance at speed.
2	Understand what the best technique to jump effectively is.
3	Learn how to generate power in the push pass.
4	Understand what pacing is and the importance of pacing when running long distances.
5	To understand and perform the correct technique required to throw a foam javelin.
6	Demonstrate all the skills learnt over the previous weeks.