

SCHEME OF WORK: **ATHLETICS**: YEAR 5

LESSON	OUTLINE OF LESSON
1	To learn how to pace to run a long distance races.
2	To learn the correct technique to perform the standing long jump and the running long jump.
3	To learn how to use and perform the sprint start technique.
4	To experiment different techniques required to take part in a number of throwing events.
5	To learn how to perform relay races with a relay baton.
6	To compete in a number of exercises encouraging students to perform the skills they have learnt.