

# SCHEME OF WORK: **ATHLETICS**: YEAR 6

LESSON	OUTLINE OF LESSON
1	Students are introduced to running at speed and sprint starts.
2	Students learn to run whilst changing direction at speed.
3	The students take part in a number of activities which helps them improve their ability to jump for distance.
4	To learn the correct technique for throwing a shot putt.
5	The students take part in a number of activities which helps them improve their ability to jump high.
6	Competition week :perform all the skills learnt over the previous weeks.