

# SCHEME OF WORK: **ATHLETICS**: YEAR 3

LESSON	OUTLINE OF LESSON
1	Learn the correct technique used for short distance running.
2	Understand how to perform a long jump correctly.
3	Learn how to perform a seated overhead throw.
4	Understand the importance of pacing in long distance running.
5	To understand and perform the correct technique required to throw a foam javelin.
6	Demonstrate all the skills students have learnt over the last six weeks.