**Curriculum**

**7th Grade Physical Education –**

**Track & Field**

**Course Overview**

SPORT TYPE: Body management, individual

**Department Standards**

* The students will develop an understanding, through experience, of the benefits of participation in physical activity throughout life;
* The student will experience a sense of achievement through achieving competence in physical activity thereby helping to raise self-esteem;
* The student will develop the personal qualities of cooperation, good sportsmanship, honesty, confidence and respect for others that will allow the student to work with others to realise common goals and objectives;
* The student will develop the physical skills and techniques of body management and coordination to allow the student to cope with a variety of physical tasks;
* The student will develop an appreciation of creative and aesthetic qualities;
* The student will develop problem solving skills;
* The student will develop communication and leadership skills;
* The student will engage in the processes of discovery and enquiry through creative and imaginative physical activity;
* The student will develop the confidence necessary to participate in any form of physical activity in new surroundings with people hitherto unknown.

**Benchmarks**:

To develop an understanding of the need for safe practice in all events

To develop and refine basic techniques in running over short and long distances, relays;

To develop the techniques for throwing for accuracy and distance

To develop the techniques for jumping, for distance

To develop understanding for laws & rules

To develop the concept of ‘self-improvement’ and individual performance over peer comparison

**Performance Indicators**

Display good running mechanics and the ability to ‘pace’ when running long distances

Display starting techniques & good running mechanics for sprinting

Display the throwing techniques of ‘push’, ‘pull’ & ‘sling’

Display good mechanics for long jump

Display the ability to operate stopwatches and other associated equipment

Display good teamwork and changeover techniques for relay

**Assessments**

Teacher observation

Peer evaluation

**Core Topics**

**Specific Content**

Use watches, heart rate monitors and treadmills to develop an understanding of pace (PI 1)

Use progressive distance running with watches and HRMS to develop ability to pace over long distances up to 1500m(PI 1)

Use of ‘POSE’ running method (PI 1, 2)

Use of ‘poles’ & ‘sticks’ to develop fast feet & sprinting mechanics (PI 2)

Use starting techniques of ‘stand’, ‘crouch’ & ‘blocks’ (PI 2)

Use of stopwatches to time sprints up to 100m straight and 200m bend running (PI 5)

Develop communication and changeover techniques for relay (PI 6)

Use a variety of ‘indoor throwing’ implements to use ‘push’, ‘pull’ & ‘sling’ throwing actions (PI 3)

Use ‘Turbo’ Javelin throw to measure distance able to ‘pull’ (PI 3, 5)

Use of ‘Indoor Jumps Circuit’ to develop ‘jumping’ techniques (PI 4)

Develop approach, take-off, landing techniques for long jump & triple jump if appropriate (PI 4)

**Resources**

Stopwatches, Wristwatches, Heart Rate Monitors

Cones

Poles & Sticks

Starting Blocks

Relay Batons

Indoor T&F equipment

‘Turbo Javelins’