



Welcome to the Moving Bodies Athletics Program!

This resource pack is for you and your students to utilise throughout the term and can be included in your programming.

Program Outline

The program outline lists the activities that your students will cover during the term.

Outcomes & Indicators

In order to provide higher quality instructions to your students, Moving Bodies has aligned all programs to the PD/H/PE Syllabus. **Please take a copy of the relevant Outcomes & Indicators for your records.** Our Athletics, Ball Sports, Gross Motor & Swimming Programs cover the relevant outcomes from the Games & Sport Content Strand along with Fundamental Movement Skills from the 'Get Skilled, Get Active' resource.

Record Sheet

The Instructor will update a record sheet each week with the activities your students attempted. You will be given this at the end of the term for your records. The copy of the record sheet in the pack is for you to give to the Students so they can mark off all activities attempted during the term. They can use the updated record sheet completed by Moving Bodies as a reference.

Assessing Students

In order to assist you with reports, for all programs that are 8 weeks or more in duration, the Moving Bodies Instructors will assess each child in your class. Students will obtain a **'Working Towards' (E), 'Skill Achieved' (C-D) or 'Working Beyond' (A-B)** grade in each area of the assessment. Each child will receive a certificate outlining their achievements at the conclusion of the program. This will be a beneficial way to follow children's progress in their Physical Education lessons with Moving Bodies.

Assessment Results

These are being recorded on your class list. You will receive a copy of the assessment results at the completion of the term. If your reports are due before the end of the term, feel free to ask the instructors for a copy. Please be aware that the marking may not be complete at this time, however it will assist you with your reports and how your students are performing.

Fun Activity Sheet

A fun revision of the program! These can be used during class time or for students that can not participate during the lesson.

Involvement and Feedback

The Department of Education requires you to be present, at all times, whilst your class is participating in our lessons. We welcome your assistance during our lessons along with your feedback at any time.

Athletics Program – S2

Games & Sports

Enjoying the game

OUTCOMES

Knowledge & understanding	Participates and uses equipment in a variety of games and modified sports (GSS2.8).
Skills	Displays a focus on quality of movement in applying movement skills to a variety of familiar and new situations (MOS2.4).
Values & attitudes	Commits to realising their full potential (V6). Willingly participates in regular physical activity (V5).

INDICATORS AND EXAMPLE ACTIVITIES

Demonstrates fun ways of practicing skills.	<ul style="list-style-type: none"> ❖ Hoop running ❖ Novelty races ❖ Vortex throwing ❖ Mini competitions
Demonstrates efficient ways of using equipment while working cooperatively with others.	<ul style="list-style-type: none"> ❖ Discus ❖ Turbojav ❖ Shot put ❖ Mini Competitions
Describe how cooperation and encouragement can lead to success in games.	<ul style="list-style-type: none"> ❖ Baton relays ❖ Circular relays ❖ Mini competitions
Demonstrates a range of skills in practices and modified games.	<ul style="list-style-type: none"> ❖ Obstacle course ❖ Novelty relays
Explains how their level of skill can influence their participation in movement activities.	<ul style="list-style-type: none"> ❖ Shot put and long jump activities >>> distance travelled ❖ Turbojav ❖ Running techniques
Evaluation	

During the lesson..

The Department of Education requires you to be present during lessons and assist with the following;

Supervise Activities	Often we will ask you to supervise a particular skill or station
Class Control	Please assist with this & individual discipline
Reinforcement	Gentle reinforcement of our teaching points
Positive Feedback	We give positive feedback on a continual basis throughout the lesson, so your input to maintain a positive learning environment is always welcome.

Feel free to join in and have fun!



Record Sheet

Stage Two



Moving Bodies Instructors will mark the record sheet and provide a copy to you at the end of the term.

Running Activities
<input type="checkbox"/> Technique - Body position, arm action, leg action, head position <input type="checkbox"/> Sprint drills in lanes to improve technique & stride length <input type="checkbox"/> Running in lanes in competitive situations – head looking forward <input type="checkbox"/> Standing start – focus on finish line <input type="checkbox"/> Circular relay with baton exchange, looking forward <input type="checkbox"/> Distance running & pacing 400 – 800m <input type="checkbox"/> Beep test <input type="checkbox"/> Hurdle technique
Throwing Activities
<input type="checkbox"/> Shot put technique with weighted ball <input type="checkbox"/> Shot put technique with upward push and sideways stance <input type="checkbox"/> Shot put technique with weight transfer <input type="checkbox"/> Rolling a quoit with following through and angle of release <input type="checkbox"/> Discus grip using a quoit <input type="checkbox"/> Discus technique <input type="checkbox"/> Over arm ball throw: sideways stance, follow through, angle of release <input type="checkbox"/> Throwing a vortex <input type="checkbox"/> Throwing turbo javelin <input type="checkbox"/> Throwing competitions
Jumping Activities
<input type="checkbox"/> Motorbike landing position <input type="checkbox"/> Two foot jumping forward with distance and use of arms <input type="checkbox"/> One foot take off – jump forward to land on two feet <input type="checkbox"/> Jogging approach – one foot take off, two feet landing <input type="checkbox"/> Long jump technique <input type="checkbox"/> High hops - using arms <input type="checkbox"/> Approaching the crash mat <input type="checkbox"/> Scissor jumps onto crash mat – legs lifting straight to hip height <input type="checkbox"/> Triple jump – hop, step, jump
Evaluations
<input type="checkbox"/> Throwing competitions – observe successful techniques <input type="checkbox"/> Long jump competitions - observe successful techniques <input type="checkbox"/> High jump competitions - observe successful techniques <input type="checkbox"/> Sprint races <input type="checkbox"/> Distance races <input type="checkbox"/> Timing sprint races

Activity Sheet 1

Stage Two



Are the following sentences true or false. Circle the correct answer.

- | | |
|---|---------------------|
| Arms should stay by your side when running? | True / False |
| You should run on the balls of your feet? | True / False |
| Team work is important in relay racing? | True / False |
| "Ready, now, go" is said at the beginning of a race? | True / False |
| You must stay in your lane when sprinting? | True / False |
| You should pace yourself when running long distances? | True / False |
| You take off with two feet together in high jump? | True / False |
| You land in the sand then fall backward in long jump? | True / False |

Draw a picture of yourself participating in 2 different athletic events?

1)

2)

Explain both events

1) _____ : _____

2) _____ : _____

Activity Sheet 2

Stage Two



Name the following athletic events, and explain what you have to do to compete in each one.











Which athletic event is your favourite to participate in? _____

Why is it your favourite event?

Answer Sheet

Stage Two



Activity Sheet 1

Are the following sentences true or false. Circle the correct answer.

Arms should stay by you side when running?	False
You should run on the balls of your feet?	True
Team work is important in relay racing?	True
"Ready, now, go" is said at the beginning of a race?	False
You must stay in your lane when sprinting?	True
You should pace yourself when running long distances?	True
You take off with two feet together in high jump?	False
You land in the sand then fall backward in long jump?	False

Activity Sheet 2

Name the following athletic events, and explain what you have to do to compete in each one.



Hurdles

Is a sprint race with a series of barriers that must be jumped by competitors.

Runners must stay in their lanes. They may knock the hurdles over, but must reach the finish line first to win.



Javelin

Is a throwing event using a sharp spear like object. It must be thrown after a short run up, and land tip first. The javelin thrown the furthest wins.



Long Jump

Is a jumping event. The competitor runs a distance toward a sand pit and jumps as far as possible when they reach the take off board. The longest measured jump wins.



Shot Put

Is an event where a metal ball is pushed as far as possible. It must be pushed from the neck, not thrown. Otherwise the competitor is disqualified. The Shot put that travels the furthest wins.



Relay

Competitors sprint around the track passing a baton to teammates over a distance. The team which crosses the finish line first without dropping the baton wins.