

My Athletic Identity

Possible lesson sequence

Lessons one/ two

Introduction questions (see worksheets) including:

- Why is athletics taught in schools?
- Why do secondary schools provide athletic sporting opportunities for students?
- What are the students' attitudes toward athletics and what are the sources of these attitudes?

Students pre test in seven athletic events (long jump, high jump, discus, shot put, 100m, 400m, and 1500m). They record performance on a **pre-practice recording sheet** (see worksheets). Students record points from the 5 star award table and select three events they wish to improve on or the highest scoring events. Must include one throw, one jump, and one run.

Lesson three

Students form groups (of three or four) with others who have selected similar events.

Teacher teaches fundamentals of one area of athletics, for example running.

Students practice one event in their groups

Lesson four

Teacher teaches fundamentals of one area of athletics, for example throwing.

Students practice one event in their groups

Lesson five

Teacher teaches fundamentals of one area of athletics, for example jumping.

Students practise one event in their groups.

Lesson six

Students perform their three events and record their performances on their **individual scoring sheet** (see worksheets).

Lesson seven

Catch up lesson and completion of **review sheets** (see worksheets) and 5 star recording sheet.