

Athletics will take place
between

3.00 pm and 4.00 pm on:

- Thursday 3rd May
- Thursday 10th May
- Thursday 17th May
- Thursday 24th May

Half Term

- Thursday 7th June
- Thursday 14th June
- Thursday 21st June
- Thursday 28th June
- Thursday 5th July
- Thursday 12th July

In these sessions we are going
to be focusing on:

running, jumping and throwing.

You will be taught the
fundamentals of athletics so
that you can develop your skills
in order to compete at the end
of the term.

Your progress will be recorded

Transport home included

Must haves:

PE Kit

Waterproof Jacket

Athletics Track & Field



Class 4—11

Weekly overview:

Week 1: Introduction/athletics games.

Week 2: Fundamentals/skills training.

Week 3: Sprint drills/Relay Training.

Week 4: Long jump skills/drills

Week 5: Shotput/Hammer skills /drills.

Week 6: Javelin/Discus skills /drills

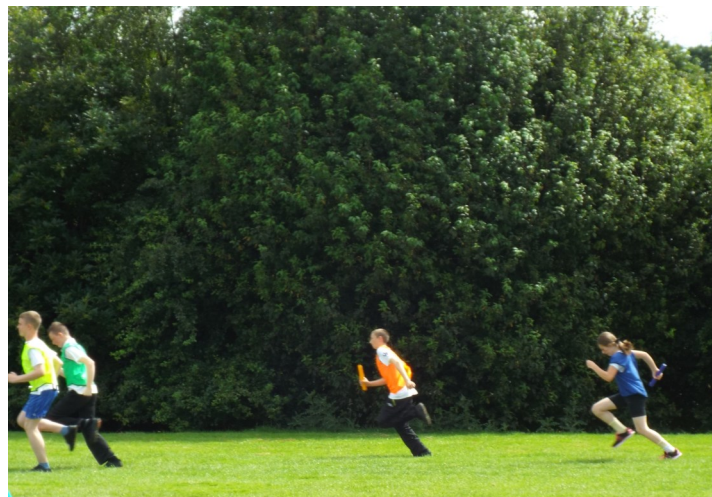
Week 7: Triple jump skills/drills.

Week 8: Hurdles skills/drills.

Week 9: High jump skills/drills.

Week 10: Competition.

All children receive an end of term certificate for participation.



Club leads:

Mr. Coutakis

