

## 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

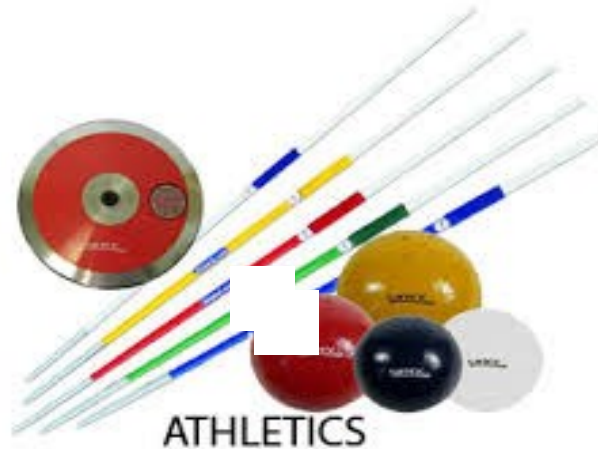
**Week 7:** Triple jump skills/drills.

**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**  
(Mr. Lauder )



**Athletics will take place between**

**3.00 pm and 4.00 pm on:**

- Wednesday 20th September 2017
- Wednesday 27th September 2017
- Wednesday 4th October 2017
- Wednesday 11th October 2017
- Wednesday 18th October 2017
- Wednesday 8th November 2017
- Wednesday 15th November 2017
- Wednesday 22nd November 2017
- Wednesday 29th November 2017
- Wednesday 6th December 2017

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 on a weekly basis and every month there will be certificates for effort and progress.

**Transport home included**

**Must haves:**

**PE Kit**

**Waterproof Jacket**

**Autumn term consent**

**Payment received**

# **Athletics Track & Field**



**Classes 6/7–11**