



# Physical Literacy Through Athletics

**PHYSICAL LITERACY**

## Rules



<b>Sprints</b>	<ul style="list-style-type: none"> <li>• Sprinters must stay in their lane</li> <li>• A false start means an instant disqualification</li> <li>• You win if part of your body crosses the line before the other runners</li> </ul>
<b>Throws</b>	<ul style="list-style-type: none"> <li>• Competitors get 3 attempts to achieve their best throw.</li> <li>• The throw is measured from where the landing was, not where the throw then bounced to.</li> <li>• For all events the throw must land in the designated area.</li> <li>• Javelin: Must be held at the grip.</li> <li>• Javelin: Must always be held above the shoulder level.</li> <li>• Javelin: The tip should hit the ground even if it does not stick.</li> <li>• Javelin: If the athlete touches the runway end line or sideline they are disqualified</li> <li>• Javelin: he body must not do a full 360 turn until the javelin has landed.</li> <li>• Javelin: You must not leave the throwing area until the javelin has landed.</li> <li>• Shot put: The shot must be released above the height of the shoulder.</li> <li>• Shot put: The athlete may touch the inside of the throwing circle but must not touch the top or outside.</li> <li>• Shot put: The shot must be put from close to the neck or chin.</li> <li>• Shot put: The shot must land from entirely within the triangle sector</li> <li>• Discus: The athlete may touch the inside of the throwing circle but must not touch the top or outside.</li> <li>• Discus: Athletes cannot touch the ground beyond the circle.</li> </ul>
<b>Jumps</b>	<ul style="list-style-type: none"> <li>• Long Jump: The athlete has 3 attempts to get their best jump.</li> <li>• Long jump: Distance is measured by the part of your body closest to the line.</li> <li>• No part of the athlete's foot should cross the front edge of the foul line.</li> <li>• High Jump: The bar starts at a height that all jumpers can achieve.</li> <li>• High Jump: Competitors have a maximum of seven jumps.</li> <li>• High Jump: Elimination occurs after 3 consecutive failures.</li> </ul>

## Fitness



Fundamentals	Developing Coaching Points	Biomechanics
<ul style="list-style-type: none"> <li>• Fundamental movements</li> <li>• Stance</li> <li>• Running</li> <li>• Pacing</li> <li>• Sprinting</li> <li>• Jumping</li> <li>• Hopping</li> <li>• Push throw</li> <li>• Pull throw</li> <li>• Sling throw</li> </ul>	<ul style="list-style-type: none"> <li>• Developing Coaching Points</li> <li>• Model Skill</li> <li>• Posture</li> <li>• Streamlining</li> <li>• Technique differences</li> </ul>	<ul style="list-style-type: none"> <li>• Biomechanics</li> <li>• Motion</li> <li>• Force</li> <li>• Momentum</li> <li>• Levers</li> <li>• Balance</li> </ul>



## Tactics

## Behaviours



Half Term Theme	Personal Dev.	Social Dev.	Leadership Dev.
1-Competence	Personal effort, gov. recs, fundamental movements	Team effort, teamwork skills, gov. recs	Effort as a leader, developing skills of others
2-Confidence	Self-confidence, self-respect	Team confidence, respect for others	Confidence to be aspirational and lead, respecting followers
3-Motivation	Intrinsic and extrinsic motivation, target setting	Team motivation, short, medium- and long-term targets	Motivation as a leader, SMART target setting
4-Communication	Verbal and non-verbal, internal dialogue	Active listening, team belonging,	Autocratic, democratic, clarity
5-Resilience	Personal resilience, growth mindset, fixed mindset	Team resilience, positivity, conflict resolution	Leadership resilience, challenging negativity, purpose
6-My Physical Literacy	Lifelong participation, current personal development, further opportunities	Lifelong participation, current social development, further opportunities	Lifelong participation, current leadership development, further opportunities

## Skills

Fundamentals	Developing Technique	Specialist Techniques
<ul style="list-style-type: none"> <li>-Fundamentals</li> <li>-Running</li> <li>-Jumping</li> <li>-Throwing</li> </ul>	<ul style="list-style-type: none"> <li>-Running</li> <li>-Jumping</li> <li>-Throwing</li> </ul>	<ul style="list-style-type: none"> <li>-Running</li> <li>-Jumping</li> <li>-Throwing</li> </ul>

