

# Lesson Overview

Lesson	Title	Skill Focus	Australian Curriculum Content Descriptions
1	Introduction to running, jumping and throwing.	Sprinting, acceleration, running, hurdling, jumping, hopping, modified javelin throw for distance and accuracy.	ACPMP061 ACPMP065
2	Fundamental skills of running, jumping and throwing.	Sprinting, running (controlling pace), baton exchange, hop, leap and jump combination, slinging, throwing for accuracy.	ACPMP061 ACPMP063
3	Consolidating skills of running, jumping in all directions and throwing for accuracy.	Sprinting, acceleration, running, hurdling, bounding, throwing for distance using crossover strides.	ACPMP061
4	Consolidating skills of running, jumping and throwing from a jogging start.	Running, hurdling, hop, leap and jump combination and throwing for distance.	ACPMP061
5	Refining skills of running, jumping with two-foot landing and throwing using whole body.	Sprinting, baton exchange, running (maintaining pace), long jump technique, slinging for distance and accuracy.	ACPMP061 ACPMP065
6	Refining skills of running and modifying pace, hopping in different directions and throwing for accuracy.	Running, hurdling, jogging, sprinting, triple jump technique, throwing, shot placement, catching.	ACPMP061
7	IAAF Kids' Athletics team event.	Running, jumping, throwing.	