

Lesson Overview

Lesson	Title	Skill Focus	Australian Curriculum Content Descriptions
1	Introduction to running, jumping and throwing.	Running, jumping, throwing, accuracy, locomotor movement.	ACPMP008 ACPMP009 ACPMP025
2	Fundamental skills of running, jumping and throwing.	Running, leaping, jogging, jumping, throwing, locomotor movement.	ACPMP008 ACPMP025
3	Consolidating skills of running, one and two foot jumping and throwing for accuracy.	Running, dodging, hopping, jumping, throwing, accuracy, locomotor movement, balancing.	ACPMP008 ACPMP025
4	Consolidating skills of running, jumping from moving and stationary start and two-handed throwing.	Running, jumping, dodging, throwing, shot placement, fielding.	ACPMP008 ACPMP025
5	Refining skills of running, jumping and throwing overarm and underarm.	Running, jumping, throwing, accuracy.	ACPMP008 ACPMP009 ACPMP025 ACPMP029
6	Refining skills of running and modifying pace, jumping in different directions and throwing for distance.	Running, dodging, jumping, throwing.	ACPMP008 ACPMP025
7	IAAF Kids' Athletics team event.	Running, jumping, throwing.	