

What is your child learning in Physical Education?

Topic of Study

Athletics - Key skills-
Running, throwing and
jumping.

Key Dates & Deadlines

Athletics starts week
beginning 16th April

Family Friendly Homework

How many different athletics
events are there?
Can you name them all?

Resources to Support

BBC bitesize
English Athletics Association

Resources to Challenge

Research 3 current English
athletes and their performance
at the last Olympic games.

Outside of the classroom

Find the nearest Athletics club in
the community and enquire
about training with them.

Discussion starters

Can you name a component of fitness needed for each of the following
Athletics disciplines?

100m Sprint, 800m, 1500m, long jump, high jump and the shot putt.



St. Antony's Catholic College
in partnership with Loreto Grammar School