**My Athletic Identity**

##### **Possible lesson sequence**

###### **Lessons one/ two**

**Introduction questions** (see worksheets) including:

* Why is athletics taught in schools?
* Why do secondary schools provide athletic sporting opportunities for ākonga?
* What are the ākonga attitudes toward athletics and what are the sources of these attitudes?

Ākonga pre test in seven athletic events (long jump, high jump, discus, shot put, 100m, 400m, and 1500m. They record performance on a **pre-practice recording sheet** (see worksheets). Ākonga record points from the 5 star award table and select three events they wish to improve on or the highest scoring events. Must include one throw, one jump, and one run.

###### **Lesson three**

Ākonga form groups (of three or four) with others who have selected similar events.

Teacher teaches fundamentals of one area of athletics, for example running.

Ākonga practice one event in their groups

###### **Lesson four**

Teacher teaches fundamentals of one area of athletics, for example throwing.

Ākonga practice one event in their groups

###### **Lesson five**

Teacher teaches fundamentals of one area of athletics, for example jumping.

Ākonga practise one event in their groups.

###### **Lesson six**

Ākonga perform their three events and record their performances on their **individual scoring sheet** (see worksheets).

###### **Lesson seven**

Catch up lesson and completion of **review sheets** (see worksheets) and 5 star recording sheet.