

Holywell Primary School

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PE subject coverage 2020 - 2021

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
NURSERY	Fundamentals - Unit	Introductions to PE	Dance - Unit 1	Ball skills - Unit 1	Gymnastics - Unit 1	Games - Unit 1
	1	- Unit 1	In this unit, children	In this unit children	In this unit, children	In this unit, children
	In this unit children	In this unit, children	will be develop their	will develop their	will develop their	will develop their
	will develop their	will be introduced to	expressive	ball skills through	basic gymnastic	understanding of
	fundamental	Physical Education	movement through	the topic of	skills through the	playing games
	movement skills	and structured	the topic of	'minibeasts'.	topic of 'animals and	through the topic of
	through the topic of	movement through	'everyday life'.	Children will develop	their habitats'.	'transport'. Children
	'all about me'.	the topic of 'fantasy	Children explore	fundamental ball	Children explore	will practise and
	Fundamental skills	and adventure'. They	space and how to use	skills such as rolling	basic movements,	further develop
	will include	will spend time	space safely. They	and receiving a ball,	creating shapes,	fundamental
	balancing, running,	learning basic	explore travelling	throwing to a target,	balances, and jumps	movement skills
	changing direction,	principles of a PE	movements, shapes	bouncing and	and begin to develop	through games. They
	jumping, hopping and	lesson such as	and balances.	catching, dribbling	rocking and rolling.	will also learn how to
	travelling. Children	finding space,	Children choose	with feet and kicking	They show an	score and play by
	will develop gross	freezing on	their own actions in	a ball. Children will	awareness of space	the rules, how to
	motor skills through	command, using and	response to a	be able to develop	and how to use it	work with a partner
	a range of activities.	sharing equipment	stimulus. They are	their fine and gross	safely and perform	and begin to
	They will learn how	and working	given the	motor skills though a	basic skills on both	understand what a
	to stay safe using	individually, with a	opportunity to copy,	range of game play	floor and apparatus.	team is, as well as
	space, working	partner and group.	repeat and	using a variety of	They copy, create,	learning how to
	independently and	They will take part	remember actions.	equipment. Children	remember and	behave when winning
	with a partner.	in activities, which	They are introduced	will be given	repeat short	and losing.
		will develop	to counting to help	opportunities to	sequences. They	
		fundamental	them keep in time	work independently	begin to understand	
		movement skills such	with the music. They	and with a partner.	using levels and	
		as running, jumping,	perform to others		directions when	
		skipping.	and begin to provide		traveling and	
			simple feedback.		balancing.	















	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
RECEPTION	Fundamentals - Unit	Introductions to PE -	Dance - Unit 1	Ball skills - Unit 1	Gymnastics - Unit 1	Games - Unit 1
	1	Unit 1	In this unit, children	In this unit children	In this unit, children	In this unit, children
	In this unit children	In this unit, children	will be develop their	will develop their ball	will develop their	will develop their
	will develop their	will be introduced to	expressive movement	skills through the	basic gymnastic skills	understanding of
	fundamental	Physical Education	through the topic of	topic of 'minibeasts'.	through the topic of	playing games
	movement skills	and structured	'everyday life'.	Children will develop	'animals and their	through the topic of
	through the topic of	movement through	Children explore	fundamental ball	habitats'. Children	'transport'. Children
	'all about me'.	the topic of 'fantasy	space and how to use	skills such as rolling	explore basic	will practise and
	Fundamental skills	and adventure'. They	space safely. They	and receiving a ball,	movements, creating	further develop
	will include balancing,	will spend time	explore travelling	throwing to a target,	shapes, balances, and	fundamental
	running, changing	learning basic	movements, shapes	bouncing and	jumps and begin to	movement skills
	direction, jumping,	principles of a PE	and balances.	catching, dribbling	develop rocking and	through games. They
	hopping and	lesson such as	Children choose their	with feet and kicking	rolling. They show an	will also learn how to
	travelling. Children	finding space,	own actions in	a ball. Children will	awareness of space	score and play by the
	will develop gross	freezing on	response to a	be able to develop	and how to use it	rules, how to work
	motor skills through	command, using and	stimulus. They are	their fine and gross	safely and perform	with a partner and
	a range of activities.	sharing equipment	given the opportunity	motor skills though a	basic skills on both	begin to understand
	They will learn how	and working	to copy, repeat and	range of game play	floor and apparatus.	what a team is, as
	to stay safe using	individually, with a	remember actions.	using a variety of	They copy, create,	well as learning how
	space, working	partner and group.	They are introduced	equipment. Children	remember and	to behave when
	independently and	They will take part in	to counting to help	will be given	repeat short	winning and losing.
	with a partner.	activities, which will	them keep in time	opportunities to work	sequences. They	
		develop fundamental	with the music. They	independently and	begin to understand	
		movement skills such	perform to others	with a partner.	using levels and	
		as running, jumping,	and begin to provide		directions when	
		skipping.	simple feedback.		traveling and	
					balancing.	

YEAR 1	BALL SKILLS	INVASION	NET AND WALL	NET AND WALL	STIKING AND	GYMNASTICS
	In this unit, pupils	Pupils develop the	GAMES	GAMES	FIELDING	In this unit pupils
	will explore their	basic skills required	Pupils will be	Pupils will be	Pupils develop their	learn to use space
	fundamental ball	in invasion games	introduced to the	introduced to the	basic understanding	safely and
	skills such as	such as sending,	basic skills required	basic skills required	of striking and	effectively. They
	throwing and	receiving and	in Net and Wall	in Net and Wall	fielding games such	explore and develop
	catching, rolling,	dribbling a ball. They	games. Pupils will	games. Pupils will	as Rounder's and	basic gymnastic
	hitting a target,	develop their	learn the importance	learn the importance	Cricket. They learn	actions on the floor
	dribbling with both	understanding of	of the ready	of the ready	skills including	and using low
	hands and feet and	attacking and	position. They will	position. They will	throwing and	apparatus. Basic
	kicking a ball. Pupils	defending and what	develop throwing,	develop throwing,	catching, stopping a	skills of jumping,
	will have the	being 'in possession'	catching and racket	catching and racket	rolling ball, retrieving	rolling, balancing and
	opportunity to work	means. They have the	skills, learning to	skills, learning to	a ball and striking a	travelling are used
	independently, in	opportunity to play	track and hit a ball.	track and hit a ball.	ball. They are given	individually and in
	pairs and small	uneven and even	They will learn to	They will learn to	opportunities to play	combination to
	groups. Pupils will be	sided games. They	play against an	play against an	one against one, one	create movement
	able to explore their	learn how to score	opponent and over a	opponent and over a	against two, and one	phrases. Pupils are
	own ideas in response	points in these types	net. They will begin	net. They will begin	against three. They	given opportunities
	to tasks.	of games and how to	to use rules and	to use rules and	learn how to score	to select their own
	To rasks.	play to the rules.	simple tactics when	simple tactics when	points and how to use	actions to build short
		They work	playing against a	playing against a	simple tactics. They	sequences and
		independently, with a	partner. They will be	partner. They will be	learn the rules of	develop their
		partner and in a small	encouraged to	encouraged to	the games and use	confidence in
		group and begin to	demonstrate good	demonstrate good	these to play fairly.	performing. Pupils
		self-manage their	sportsmanship and	sportsmanship and	They show respect	begin to understand
		own games, showing	show respect	show respect	towards others when	the use of levels.
		respect and kindness	towards others.	towards others.	playing competitively	directions and
		towards their			and develop	shapes when
		teammates and			communication skills.	travelling and
		opponents.				balancing.
					ATHLETICS	zaranonig.
		FUNDAMENTALS			In this unit, pupils	Dance
		Pupils will explore			will develop skills	Pupils will explore
		the fundamental			required in athletic	travelling actions,
		skills of balancing,			activities such as	movement skills and
		running, changing			running at different	balancing. They will
		direction, jumping,			speeds, changing	understand why it is
		hopping and skipping.			direction, jumping	important to count to

	They will explore these skills in isolation as well as in combination. Pupils will be given opportunities to identify areas of strength and areas for improvement. Pupils will work collaboratively with others, taking turns and sharing ideas.			and throwing. In all athletic based activities, pupils will engage in performing skills and measuring performance, competing to improve on their own score and against others. They are given opportunities to work collaboratively as well as independently.	music and use this in their dances. Pupils will copy and repeat actions linking them together to make short dance phrases. Pupils will work individually and with a partner to create ideas in relation to the theme. Pupils will be given the opportunity to perform and also to provide feedback, beginning to use dance terminology to do so.
AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
YEAR 2	BALL SKILLS	INVASION	NET AND WALL	NET AND WALL	STRIKING AND	GYMNASTICS
	In this unit, pupils	Pupils develop the	GAMES	GAMES	FIELDING	In this unit pupils
	will develop their	basic skills required	Pupils will be	Pupils will be	Pupils develop their	learn explore and
	fundamental ball	in invasion games	introduced to the	introduced to the	basic understanding	develop basic
	skills such as	such as sending,	basic skills required	basic skills required	of striking and	gymnastic actions on
	throwing and	receiving and	in Net and Wall	in Net and Wall	fielding games such	the floor and using
	catching, rolling,	dribbling a ball. They	games. Pupils will	games. Pupils will	as Rounder's and	apparatus. They
	hitting a target,	develop their	learn the importance	learn the importance	Cricket. They learn	develop gymnastic
	dribbling with both	understanding of	of the ready	of the ready	skills including	skills of jumping,
	hands and feet and	attacking and	position. They will	position. They will	throwing and	rolling, balancing and
	kicking a ball. Pupils	defending and what	develop throwing,	develop throwing,	catching, stopping a	travelling individually
	will have the	being 'in possession'	catching and racket	catching and racket	rolling ball, retrieving	and in combination to
	opportunity to work	means. They have the	skills, learning to	skills, learning to	a ball and striking a	create short
	independently, in	opportunity to play	track and hit a ball.	track and hit a ball.	ball. They are given	sequences and
	pairs and small	uneven and even	They will learn to	They will learn to	opportunities to play	movement phrases.
	groups. Pupils will be	sided games. They	play against an	play against an	one against one, one	Pupils develop an
	able to explore their	learn how to score	opponent and over a	opponent and over a	against two, and one	awareness of
		points in these types	net. They will begin	net. They will begin	against three. They	compositional devices

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own ideas in response	of games and how to	to use rules and	to use rules and	learn how to score	when creating
to tasks.	play to the rules.	simple tactics when	simple tactics when	points and how to to	sequences to include
	They work	playing against a	playing against a	use simple tactics.	the use of shapes,
	independently, with a	partner. They will be	partner. They will be	They learn the rules	levels and directions.
	partner and in a small	encouraged to	encouraged to	of the games and use	They learn to work
	group and begin to	demonstrate good	demonstrate good	these to play fairly.	safely with and
	self-manage their	sportsmanship and	sportsmanship and	They show respect	around others and
	own games, showing	show respect	show respect	towards others when	whilst using
	respect and kindness	towards others.	towards others.	playing competitively	apparatus. Pupils are
	towards their			and develop	given opportunities
	teammates and			communication skills.	to provide feedback
	opponents.				to others and
				ATHLETICS	recognise elements
	FUNDAMENTALS			In this unit, pupils	of high quality
	Pupils will develop			will develop skills	performance.
	the fundamental			required in athletic	
	skills of balancing,			activities such as	DANCE
	running, changing			running at different	Pupils will explore
	direction, jumping,			speeds, changing	space and how their
	hopping and skipping.			direction, jumping	body can move to
	Pupils will be given			and throwing. In all	express and idea,
	opportunities to work			athletic based	mood, character or
	with a range of			activities, pupils will	feeling. They will
	different equipment.			engage in performing	expand their
	Pupils will be asked			skills and measuring	knowledge of
	to observe and			performance,	travelling actions and
	recognise			competing to improve	use them in relation
	improvements for			on their own score	to a stimulus. They
	their own and			and against others.	will build on their
	others' skills and			They are given	understanding of
	identify areas of			opportunities to work	dynamics and
	strength. Pupils will			collaboratively as	expression. They will
	be given the			well as	use counts of 8
	opportunity to work			independently. They	consistently to keep
	collaboratively with			learn how to improve	in time with the
	others, taking turns			by identifying areas	music and a partner.
	and sharing ideas.			of strength as well	Pupils will also
				as areas to develop.	explore pathways,

			levels, shapes,
			directions, speeds
			and timing. They will
			be given the
			opportunity to work
			independently and
			with others to
			perform and provide
			feedback beginning
			to use key
			terminology.

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
YEAR 3/4	CRICKET	TAG RUGBY	BALL SKILLS	BALL SKILLS	TENNIS	GYMNASTICS
	Pupils learn how to	In this unit pupils will	Pupils will have the	Pupils will have the	In this unit pupils	In this unit, pupils
	strike the ball into	learn to keep	opportunity to	opportunity to	develop the key skills	create more complex
	space so that they	possession of the	develop their	develop their	required for tennis	sequences. They
	can score runs. When	ball using attacking	accuracy and	accuracy and	such as the ready	learn a wider range
	fielding, they learn	skills. They will play	consistency when	consistency when	position, racket	of travelling actions
	how to keep the	uneven and then even	tracking a ball. They	tracking a ball. They	control and forehand	and include the use
	batters' scores low.	sided games,	will explore a variety	will explore a variety	and backhand ground	of pathways. They
	In all games	developing strategies	of throwing	of throwing	strokes. Pupils learn	develop more
	activities, pupils have	and social skills to	techniques and will	techniques and will	how to score points	advanced actions
	to think about how	self-manage games.	learn to select the	learn to select the	and how to use skills,	such as inverted
	they use skills,	Pupils will understand	appropriate throw	appropriate throw	strategies and	movements and
	strategies and	the importance of	for the situation.	for the situation.	tactics to outwit the	explore ways to
	tactics to outwit the	playing fairly and	They will develop	They will develop	opposition. Pupils are	include apparatus.
	opposition. In	keeping to the rules.	catching with one	catching with one	given opportunities	They will
	cricket, pupils	Pupils will think about	and two hands as well	and two hands as well	to play games	demonstrate control
	achieve this by	how to use skills,	as dribbling with	as dribbling with	independently and	in their behaviour to
	striking a ball and	strategies and	feet and hands.	feet and hands.	are taught the	create a safe
	trying to deceive or	tactics to outwit the	These skills will then	These skills will then	importance of being	environment for
	avoid fielders, so	opposition. They will	be applied to small	be applied to small	honest whilst playing	themselves and
	that they can run	learn how to evaluate	group games. Pupils	group games. Pupils	to the rules.	others to work in.
	between wickets to	their own and others'	will have the	will have the		They work
	score runs. Pupils are	performances and	opportunity to take	opportunity to take	ATHLETICS	independently and in
	given opportunities	suggest	on different roles	on different roles	In this unit, pupils	collaboration with a
	to work in	improvements.	and work both	and work both	will develop basic	partner to create
	collaboration with		individually and with	individually and with	running, jumping and	and develop
	others, play fairly	FUNDAMENTALS	others.	others.	throwing techniques.	sequences. Pupils are
	demonstrating an	Pupils will develop			They are set	given opportunities
	understanding of the	the fundamental			challenges for	to receive and
	rules, as well as being	skills of balancing,			distance and time	provide feedback in
	respectful of the	running, jumping,			that involve using	order to make
	people they play with	hopping and skipping.			different styles and	improvements on
	and against.	Pupils will develop			combinations of	their performances.
		their ability to			running, jumping and	In gymnastics as a
		change direction with			throwing. As in all	whole, pupils develop
		balance and control.			athletic activities,	performance skills
		They will be given			pupils think about	considering the

the opportunity to	how to achieve t	heir quality and control of
· · · · · · · · · · · · · · · · · · ·		' '
explore how the body	greatest possible	e their actions.
moves at different	speed, height,	5 43 45
speeds as well as how	distance or accu	•
to accelerate and	and learn how to	· F · - · · · · · · · · · · · · · · ·
decelerate.	persevere to ach	_
Pupils will be asked	their personal be	
to observe and	In this unit pupil	s are through movement
recognise	able to experien	ce and gesture. They
improvements for	running for dista	ince, gain inspiration from
their own and others'	sprinting, relay,	long a range of stimuli,
performances and	jump, vertical ju	mp working individually,
identify areas of	and javelin.	in pairs and small
strength and areas		groups. In dance as a
for development.		whole, pupils think
Pupils will be given		about how to use
the opportunity to		movement to explore
work on their own		and communicate
and with others,		ideas and issues, and
taking turns and		their own feelings
sharing ideas.		and thoughts. Pupils
3g		will develop
		confidence in
		performing and will
		be given the
		opportunity to
		provide feedback and
		utilise feedback to
		improve their own
		work.

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
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YEAR 5	NETBALL In this unit pupils will develop defending and attacking play during even-sided 5-a-side netball. Pupils will learn to use a range of different passes to keep possession and attack towards a goal. Pupils will be encouraged to work collaboratively to think about how to use skills, strategies and tactics to outwit the opposition. They will start to show control and fluency when passing, receiving and shooting the ball. They will learn key rules of the game such as footwork, held ball, contact and obstruction. Pupils also develop their understanding of the importance of fair play and honesty while self managing games.

OAA Pupils develop teamwork skills through completion of a number of challenges. Pupils work individually, collaboratively in pairs and groups to solve problems. They are encouraged to be inclusive of others. share ideas to create strategies and plans to produce the best solution to a challenge. Pupils are also given the opportunity to lead a small group, Pupils learn to orientate and navigate using a map.

FITNESS Pupils will take part in a range of fitness challenges to test, monitor and record their data. They will learn different components of fitness including speed, stamina, strength. coordination, balance and agility. Pupils will be given

HOCKEY

In this unit pupils will improve their defending and attacking skills playing even-sided games. They will start to show control and fluency in dribbling, sending and receiving a ball in a small game situation and under some pressure. Pupils will be encouraged to think about how to use tactics and collaborate with others to outwit their opposition. Pupils will comment on their own and other's performances and suggest ways to improve. They will also recognise the importance of fair play and honesty while self managing games.

HOCKEY In this unit pupils will improve their defending and attacking skills playing even-sided games. They will start to show control and fluency in dribbling, sending and receiving a ball in a small game situation and under some pressure. Pupils will be encouraged to think about how to use tactics and collaborate with others to outwit their opposition. Pupils will comment on their own and other's performances and suggest ways to improve. They will also recognise the importance of fair play and honesty while self managing

games.

ROUNDERS Pupils develop the quality and consistency of their fielding skills and understanding of when to use them such as throwing underarm and overarm, catching and retrieving a ball. They learn how to play the different roles of bowler, backstop, fielder and batter and to apply tactics in these positions. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition, Pupils work with a partner and group to organise and self-manage their own games. Pupils play with honesty and fair play when playing competitively.

ATHLETICS In this unit, pupils are set challenges for distance and time that involve using

In this unit, pupils create longer sequences individually, with a partner and a small group. They learn a wider range of actions such as inverted movements to include cartwheels and handstands. They explore partner relationships such as canon and synchronisation and matching and mirroring. Pupils are given opportunities to receive and provide feedback in order to make improvements on their performances. In Gymnastics as a whole, pupils develop performance skills considering the quality and control of their actions.

GYMNASTICS

DANCE Pupils learn different styles of dance, working individually, as a pair and in small groups. In dance as a whole, pupils think

opportunities to work different styles and about how to use combinations of movement to explore at their maximum running, jumping and and improve their and communicate fitness levels. They throwing. As in all ideas and issues, and their own feelings will need to athletic activities. persevere when they pupils think about and thoughts. As get tired or when how to achieve their they work, they they find a challenge develop an awareness greatest possible of the historical and speed, height, hard and are encouraged to distance or accuracy cultural origins of support others to do and learn how to different dances. the same. Pupils are persevere to achieve Pupils will be asked to recognise their personal best. provided with the areas in which they They learn how to opportunity to make the most improve by create and perform identifying areas of their work. They will improvement using the data they have strength as well as be asked to provide collected areas to develop. feedback using the Pupils are also given correct dance terminology and will opportunities to lead when officiating as be able to use this well as observe and feedback to improve their work. Pupils will provide feedback to others. work safely with each other and show In this unit pupils respect towards learn the following others. athletic activities: running over longer distances, sprinting, relay, long jump, triple jump, shot put and javelin.

AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2	
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YEAR 6	NETBALL In this unit pupils will develop defending and attacking play during even-sided 5-a-side netball. Pupils will learn to use a range of different passes to keep possession and attack towards a goal. Pupils will be encouraged to work collaboratively to think about how to use skills, strategies and tactics to outwit the opposition. They will start to show control and fluency when passing, receiving and shooting the ball. They will learn key rules of the game such as footwork, held ball, contact and obstruction. Pupils also develop their understanding of the importance of fair play and honesty while self managing games.

OAA Pupils develop teamwork skills through completion of a number of challenges. Pupils work individually, collaboratively in pairs and groups to solve problems. They are encouraged to be inclusive of others. share ideas to create strategies and plans to produce the best solution to a challenge. Pupils are also given the opportunity to lead a small group, Pupils learn to orientate and navigate using a map.

FITNESS Pupils will take part in a range of fitness challenges to test, monitor and record their data. They will learn different components of fitness including speed, stamina, strength. coordination, balance and agility. Pupils will be given

HOCKEY

In this unit pupils will improve their defending and attacking skills playing even-sided games. They will start to show control and fluency in dribbling, sending and receiving a ball in a small game situation and under some pressure. Pupils will be encouraged to think about how to use tactics and collaborate with others to outwit their opposition. Pupils will comment on their own and other's performances and suggest ways to improve. They will also recognise the importance of fair play and honesty while self managing games.

HOCKEY

ROUNDERS In this unit pupils will Pupils develop the improve their quality and defending and consistency of their attacking skills fielding skills and playing even-sided understanding of games. They will when to use them start to show control such as throwing and fluency in underarm and dribbling, sending overarm, catching and receiving a ball in and retrieving a ball. a small game They learn how to situation and under play the different some pressure. Pupils roles of bowler, will be encouraged to backstop, fielder and think about how to batter and to apply use tactics and tactics in these collaborate with positions. In all others to outwit games activities, their opposition. pupils have to think Pupils will comment about how they use on their own and skills, strategies and other's performances tactics to outwit the and suggest ways to opposition, Pupils improve. They will work with a partner also recognise the and group to organise importance of fair and self-manage play and honesty their own games. while self managing Pupils play with honesty and fair play games. when playing competitively.

> ATHLETICS In this unit, pupils are set challenges for distance and time that involve using

GYMNASTICS In this unit, pupils use their knowledge of compositional principles e.g. how to use variations in level, direction and pathway, how to combine and link actions, how to relate to a partner and apparatus, when developing sequences. They build trust when working collaboratively in larger groups, using formations to improve the aesthetics of their performances. Pupils are given opportunities to receive and provide feedback in order to make improvements on performances. In Gymnastics as a whole, pupils develop performance skills considering the quality and control of their actions.

DANCE Pupils will focus on developing an idea or

opportunities to work	different styles and	theme into dance
at their maximum	combinations of	choreography. They
and improve their	running, jumping and	- · · · · ·
fitness levels. They	throwing. As in all	groups using
will need to	athletic activities,	different
persevere when they	pupils think about	choreographing tools
get tired or when	how to achieve their	
they find a challenge	greatest possible	formations, timing,
hard and are	speed, height,	dynamics. Pupils will
encouraged to	distance or accuracy	have opportunities to
support others to do	and learn how to	choreograph,
the same. Pupils are	persevere to achieve	perform and provide
asked to recognise	their personal best.	feedback on dance.
areas in which they	They learn how to	Pupils think about
make the most	improve by	how to use movement
improvement using	identifying areas of	to convey ideas,
the data they have	strength as well as	emotions, feelings
collected.	areas to develop.	and characters.
	Pupils are also given	Pupils will show an
	opportunities to lead	
	when officiating as	others safe and will
	well as observe and	have the opportunity
	provide feedback to	to lead others
	others.	through short warm
	In this unit pupils	ups.
	learn the following	
	athletic activities:	
	long distance running	ı,
	sprinting, hurdles,	
	high jump, triple	
	jump, discus and sho	t
	put.	