



Physical Education Curriculum – Summer Athletics Rotation

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8	Lesson 9
Year 7 - 1	High J	Triple	Sprint/100	Discus	Long J	Javelin	Shot	Middle D	Hurdles
Year 7 - 2	Hurdles	High J	Triple	Long J	Sprint/100	Discus	Middle D	Shot	Javelin
Year 8 - 1	High J	Triple	Sprint/100	Discus	Long J	Javelin	Shot	Middle D	Hurdles
Year 8 - 2	Hurdles	High J	Triple	Long J	Sprint/100	Discus	Middle D	Shot	Javelin
Year 9 - 1	High J	Triple	Discus	Sprint/100	Long J	Javelin	Relay	Shot	Hurdles
Year 9 - 2	Hurdles	High J	Triple	Discus	Sprint/100	Long J	Javelin	Relay	Shot
Year 9 - 3	Shot	Hurdles	High J	Triple	Discus	Sprint/100	Long J	Javelin	Relay
Year 9 - 4	Relay	Shot	Hurdles	High J	Triple	Discus	Sprint/100	Long J	Javelin
Year 10 - 1	High J	Triple	Discus	Sprint/100	Long J	Javelin	Relay	Shot	Hurdles
Year 10 - 2	Hurdles	High J	Triple	Discus	Sprint/100	Long J	Javelin	Relay	Shot
Year 10 - 3	Shot	Hurdles	High J	Triple	Discus	Sprint/100	Long J	Javelin	Relay
Year 10 - 4	Relay	Shot	Hurdles	High J	Triple	Discus	Sprint/100	Long J	Javelin