



# Athletics Challenges: A Resource Pack for Teaching Athletics

*Kevin Morgan*

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*Athletics Challenges* is a practical resource file designed to ensure that all students have a positive learning experience in track and field athletics. It provides a wide range of activities and teaching approaches to enable teachers and coaches to promote a climate of inclusion, enjoyment and challenge for young people up to and beyond the age of sixteen.

Including straightforward guidance on how to use the resources effectively, *Athletics Challenges* is a compendium of ready-to-use, photocopiable activity sheets to use with your students in a wide range of athletics events. 'Athletics Challenges' activity sheets provide a wide-range of running, jumping and throwing activities designed to develop physical literacy, fundamental athletic techniques and personal and social skills. 'Peer Teaching' activities for a range of athletic events aim to help improve technical understanding and to enhance social and communication skills through peer teaching. 'Technical Guidance' resource sheets ensure students develop a good understanding of the principles and techniques of running, jumping and throwing through a series of progressive activities and related questions.

*Athletics Challenges* is a complete kit offering an invaluable source of support and ideas for all student and practising physical education teachers, heads of departments, and training and practising professional sports coaches who want to help learners achieve their full potential and lay the foundation for a healthy and physically active life style.

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