



Links to the PE National Curriculum

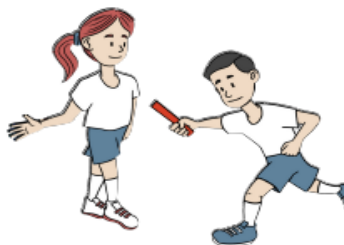
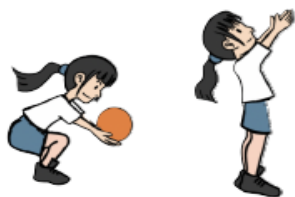
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Develop running, jumping, throwing and catching in isolation and in combination.
- Develop flexibility, strength, technique, control and balance.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Key Skills: Physical

- Pacing
- Sprinting technique
- Jumping for distance
- Jumping for height
- Throw, heave, launch for distance

Key Skills: S.E.T

- Social: Working collaboratively
- Social: Working safely
- Emotional: Perseverance
- Emotional: Determination
- Thinking: Observing and providing feedback
- Thinking: Exploring ideas



Official Athletic Events

Running

- Sprinting**
100m, 200m, 400m
- Hurdles**
- Relay**
- Middle distance**
800m, 1500m
- Long distance**
5,000, 10,000
- Steeplechase**

Jumping

- Long jump**
Jump for distance
- Triple jump**
Jump for distance
- High jump**
Jump for height
- Pole vault**
Jump for height

Throwing

- Discus**
Fling throw
- Shot**
Push throw
- Hammer**
Fling throw
- Javelin**
Pull throw

Key Vocabulary:

Encourage pupils to use this language in your lessons.

Stamina • **Speed** • **Pace** • **Technique**

Determination • **Perseverance** • **Officiate**

Power • **Accuracy** • **Personal Best** • **Flight**

Teacher Glossary

Stamina: the ability to sustain prolonged physical or mental effort

Changeover: where a baton is passed from one person to another

Jump: take off and land on two feet

Hop: take off on one foot and land on the same foot

Leap: take off on one foot and land on the other



Where this unit sits



Assessment Criteria

Year 3

- I am developing jumping for distance and height.
- I can identify when I was successful.
- I can take part in a relay activity, remembering when to run and what to do.
- I can throw a variety of objects, changing my action for accuracy and distance.
- I can use different take off and landings when jumping.
- I can use key points to help me to improve my sprinting technique.
- I can work with a partner and in a small group, sharing ideas.
- I show determination to achieve my personal best.
- I understand the benefits of exercise.
- I understand why it is important to warm up.

Year 4

- I can demonstrate the difference in sprinting and jogging techniques.
- I can explain what happens in my body when I warm up.
- I can identify when I was successful and what I need to do to improve.
- I can jump for distance and height with balance and control.
- I can throw with some accuracy and power to a target area.
- I show determination to improve my personal best.
- I support and encourage others to work to their best.

Year 5

- I can choose the best pace for a running event.
- I can identify good athletic performance and explain why it is good.
- I can perform a range of jumps showing some technique.
- I can show control at take-off and landing in jumping activities.
- I can take on the role of coach, official and timer when working in a group.
- I can understand how stamina and power help people to perform well in different athletic activities.
- I can use feedback to improve my sprinting technique.
- I persevere to achieve my personal best.
- I show accuracy and power when throwing for distance.

Progression of Skills Ladder

Other units that progress into this activity are:

Ball Skills

Fundamentals

Games

<p>Running Apply fluency and coordination when running for speed in relay changeovers.</p>	<p>Running Effectively apply speeds appropriate for the event.</p>	<p>Jumping Develop power, control and consistency in jumping for distance.</p>	<p>Year 5</p>	<p>Jumping Explore technique and rhythm in the triple jump.</p>	<p>Throwing Develop technique and power in javelin and shot put.</p>
<p>Running Develop an understanding of speed and pace in relation to distance.</p>	<p>Running Develop power and speed in the sprinting technique.</p>	<p>Jumping Develop technique when jumping for distance.</p>	<p>Year 4</p>	<p>Jumping Explore fluency and technique in the vertical jump.</p>	<p>Throwing Explore power and technique when throwing for distance in a pull throw.</p>
<p>Running Develop the sprinting technique and apply it to relay events.</p>	<p>Running Develop fluency and rhythm when running over obstacles.</p>	<p>Year 3</p>	<p>Jumping Develop technique in a range of approaches and take off positions.</p>	<p>Jumping Develop jumping for height and safety on landing.</p>	<p>Throwing Explore the technique for a pull throw.</p>