



Links to the PE National Curriculum

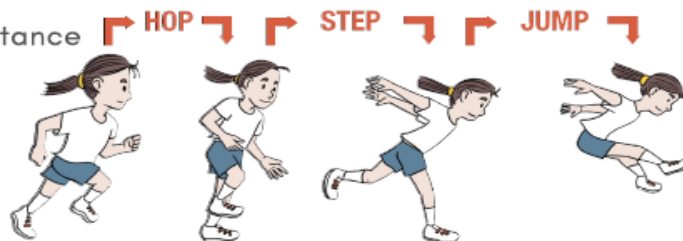
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Develop running, jumping, throwing and catching in isolation 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
- Relay changeovers
- Jumping for height
- Jumping for distance – long jump, triple jump
- Push throw for distance – shot put, javelin
- Pull throw for distance

Key Skills: S.E.T

- Social: Collaborating with others
- Social: Supporting others
- Emotional: Perseverance
- Emotional: Determination
- Thinking: Observing and providing feedback



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:

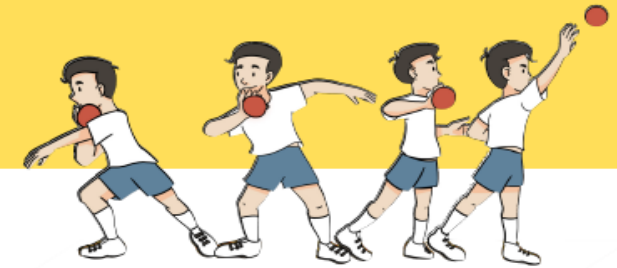
Encourage pupils to use this language in your lessons.

Technique • **Compete** • **Continuous Pace** • **Flight**
Determination • **Personal Best** • **Momentum** • **Stride**
Downsweep • **Upsweep** • **Rhythm** • **Officiate**

Teacher Glossary

Changeover: where a baton is passed from one person to another
 Downsweep: in relay when the performer passes the baton in a downward action
 Upsweep: when the performer passes the baton in an upward action
 Flight: the time the performer spends in the air in jumping events
 Hop: take off on one foot and land on the same foot
 Leap: take off on one foot and land on the other. Also known as a step in triple jump
 Jump: take off and land on two feet
 Pull throw: when the performer pulls the item through the air
 Push throw: when the performer pushes the item through the air

Where this unit sits



Assessment Criteria

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.

Year 6

- I can compete within the rules showing fair play and honesty.
- I can help others to improve their technique using key teaching points.
- I can identify my own and others' strengths and areas for development and can suggest ways to improve.
- I can perform jumps for height and distance using good technique.
- I can select and apply the best pace for a running event.
- I can show accuracy and good technique when throwing for distance.
- I understand that there are different areas of fitness and how this helps me in different activities.
- I use different strategies to persevere to achieve my personal best.

Progression of Skills Ladder

Other units that progress into this activity are:

- **Ball Skills Unit 1 and 2**
- **Fundamentals Unit 1 and 2**
- **Games Unit 1 and 2**

	Running Demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique.	Running Hurdle with greater control and coordination.	Jumping Develop take off position when jumping for height.	Year 6	Jumping Develop power, control and technique in the triple jump.	Throwing Develop power, control and technique when throwing discus and javelin.
	Running Apply fluency and coordination when running for speed in relay changeovers.	Running Effectively apply speeds appropriate for the event.	Jumping Develop power, control and consistency in jumping for distance.	Year 5	Jumping Explore technique and rhythm in the triple jump.	Throwing Develop technique and power in javelin and shot put.
	Running Develop an understanding of speed and pace in relation to distance.	Running Develop power and speed in the sprinting technique.	Jumping Develop technique when jumping for distance.	Year 4	Jumping Explore fluency and technique in the vertical jump.	Throwing Explore power and technique when throwing for distance in a pull throw.