



## 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
- Running over obstacles - hurdles
- Jumping for distance - triple jump
- Jumping for height - high jump
- Fling throwing for distance - discus
- Push throwing for distance - shot put

### Key Skills: S.E.T

- Social: Negotiating
- Social: Collaborating with 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** • **Control** • **Force** • **Continuous Pace**  
**Trajectory** • **Stride** • **Momentum** • **Officiate**  
**Flight** • **Compete** • **Rotation** • **Transfer of Weight**

## Teacher Glossary

**Lead leg:** refers to the leg that clears the hurdle first

**Trail leg:** refers to the leg that clears the hurdle second

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

**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

**Push throw:** when the performer pushes the item through the air

# Where this unit sits



## Assessment Criteria

### 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.

### KS3 PE NC Subject Content

- Build on and embed the physical development and skills learnt in Key Stages 1 and 2.
- Become more competent, confident and expert in their techniques.
- Understand what makes a performance effective.
- Develop confidence and interest to get involved in exercise, sports and activities out of school and in later life.
- Understand and apply the long term health benefits of physical activity.

## 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**

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