

Summer 1 - PE – Athletics

Year Five and Six



athletics

jumping

throwing

running

sprinting

co-ordination

measurements

timing

movement

technique

maximum distance

maximum height

control

skill

speed

personal best

By the end of this unit, you will have improved your techniques in running, throwing and jumping events. You will be able to analyse your performance and suggest ways to improve your personal best.

Important information



This sequence of learning builds on the skills that you learnt in Year 3 and 4.



These are some common athletic sporting events:

Relay

A relay race is an event in which athletes run a pre-set distance carrying a baton before passing it onto the next runner. Often, a relay team is a team of four sprinters. In athletics there are two standard relays: 4 X 100m and 4 X 400m

Sprint

In athletics, sprints (or dashes) are races over short distances. They are among the oldest running competitions, being recorded at the Ancient Olympic Games. Three sprints are currently held at the modern Summer Olympics and outdoor World Championships: the 100 metres, 200 metres, and 400 metres.

Discus

Discus throw, sport in athletics in which a disk-shaped object, known as a discus, is thrown for distance. In modern competitions, the discus must be thrown from a circle 2.5 metres (8.2 feet) in diameter and fall within a 40° sector marked on the ground from the centre of the circle.

Long jump

The long jump is an event in which athletes combine speed, strength and agility in an attempt to leap as far as possible from a take-off point. Along with the triple jump, the two events that measure jumping for distance as a group are referred to as the 'horizontal jumps'.

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Skills	Lesson Objective	Lesson	What you will learn	Learning Review
Skill1	Understand and apply appropriate pace judgement for the running distance to be covered	1	Warm up. You will practise sprinting and passing the baton within groups. Then, you will complete some running, jumping and throwing task. You will analyse and compare your performance to your peers. Cool down. Skills 1, 2, 3, 4 and 5	What techniques/strategies could you use to improve your personal best?
Skill 2	Understand and apply the appropriate throwing and jumping technique to achieve maximum distance and height	2	Warm up. You will practise sprinting and then work in groups to race against each other in a times race. You will consider ways to improve your personal best. You may offer advice to your peers. Cool down. Skills 1, 4, 5 and 6	What was your personal best? What did you do to achieve it?
Skill 3	Select and apply skills that meet the needs of the situation, combining and performing each skill with control at speed	3	Warm up. We will practise the pull throw using beanbags and the fling throw using the discus. We will aim to improve our personal best by considering strategies that can enhance our performance. Cool down Skills 2, 4, 5 and 6	What strategies did you use to improve your throwing technique? Pull throw – Fling throw –
Skill 4	Share, discuss and apply athletic techniques with others, working effectively as a team	4	Warm up. You will develop your balance skills. We will practise the skills needed for a successful long jump. The distance jumped will be recorded and you will consider how you can improve your performance. Skills	What are the three key parts of a long jump? Which part did you find the hardest and how could you try to improve this?
Skill 5	Compare their performance with previous ones and demonstrate improvement to achieve their personal best	5	Mini Olympics Running races – sprinting, hurdles, distance. Jumps – standing long jump, standing triple jump, speed bounce. Throws – javelin, target throw, discus Skills 1, 2, 3, 4, 5, and 6	Which Mini Olympic was your most successful?
Skill 6	Be able to describe the importance of being physically fit and explain how your body reacts and feels when taking part in different activities and undertaking different roles	6	Warm up. You will perform a number of jumping, throwing and running tasks. Whilst performing, we will consider ways that we can improve upon our personal bests. Cool down. Skills 1, 2, 3, 5 and 6	What strategies did you use to improve your performance?

Please see the attached planning sheets for more detail.