

**PE YEAR 5****ATHLETICS****National Curriculum subject content:**

- ✓ Use running, jumping, throwing, and catching in isolation.
- ✓ Develop flexibility strength technique control and balance.
- ✓ Compare their performance with previous ones and demonstrate improvement to achieve personal best.

**National Curriculum theme:**

- ✓ Athletics

**Key Vocabulary:**

core	Central part of body
fundamentals	Basic movements such as running catching
Sprint	Move fast
Distance	How far
Time	How long it took
Personal best	The best score or time I achieved
Pacing	Keeping at a steady pace/ speed
Leading leg	Leg leading forwards greater than the other
Hurdles	An object to move over
Protectory	Something is released
Stamina	Amount of time to continue to do something
Release	To let go
Agility	Move quickly and easily
Balance	Base which keeps you up/base
Coordination	Combine smooth movements
Triathlon	Multi-sport race (swim/ cycle/ run)

Sequence of Learning:					
Objectives (key knowledge):					
<b>Lesson 1</b> To learn to use efficient under and overarm throwing techniques.	<b>Lesson 2</b> To learn how to hold and release a shotput.	<b>Lesson 3</b> To learn how to hold and release a javelin to propel it through the air.	<b>Lesson 4</b> To learn how to use a two-foot standing jump showing understanding how to propel body to achieve the furthest distance.	<b>Lesson 5</b> To learn to use a two footed jump to jump over an object.	<b>Lesson 6</b> To learn how to combine hopping, skipping, and jumping movements.
Fundamentals					
Throwing activities Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination	Shotput Throwing stance Over arm Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination	Throwing Stance Overarm Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination	High jump/Long jump Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination	Speed bounce Personal best Stamina Accelerate or decelerate. Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions.	Triple jump Agility the ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions.
Sequence of Learning:					
Objectives (key knowledge):					
<b>Lesson 7</b> To develop running for speed.	<b>Lesson 8</b> To learn that different length runs need pace and stamina.	<b>Lesson 9</b> To learn how to combine running and jumping movements.	<b>Lesson 10</b> To evaluate and improve performance. Mini athletics	<b>Lesson 11</b> To evaluate and improve performance. Mini athletics	<b>Lesson 12</b> To evaluate and improve performance. Intra Event
Fundamentals					
Short distance Relay Arm swings Agility the ability to rapidly, accelerate or decelerate.	Long distance Arm swings Pace Foot strike stamina Mental endurance Agility the ability to rapidly change direction, accelerate or decelerate.	Hurdles Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination	Mini activities evaluate and improve performance. Self / peer assessment / Intra events Self-assessment/ peer assessment Agility the ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination Mini triathlon devised by children. Teamwork		

**PE YEAR 5**

**ATHLETICS**

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