

PE Y6 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 forward
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):

Lesson 1 To learn to use efficient under and overarm throwing techniques.	Lesson 2 To learn the correct stance and release for throwing a shotput.	Lesson 3 To learn the correct stance , grip and release I order to throw a javelin efficiently.	Lesson 4 To learn how to use a two-foot standing jump showing understanding how to propel body to achieve the furthest distance.	Lesson 5 To learn to use a two footed jump to jump over an object.	Lesson 6 To learn to combine hopping, skipping, and jumping movements smoothly.
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Fundamentals

PE Y6 Athletics

<p>Throwing activities</p> <p>Balance to hold a firm stance.</p> <p>Coordination</p> <p>The ability to control the movement of the body in cooperation with the body's functions.</p> <p>Hand eye coordination</p>	<p>Shotput</p> <p>Throwing stance</p> <p>Over arm</p> <p>Balance to hold a firm stance.</p> <p>Coordination</p> <p>The ability to control the movement of the body in cooperation with the body's functions.</p> <p>Hand eye coordination</p>	<p>Throwing</p> <p>Stance</p> <p>Overarm</p> <p>Balance to hold a firm stance.</p> <p>Coordination</p> <p>The ability to control the movement of the body in cooperation with the body's functions.</p> <p>Hand eye coordination</p>	<p>High jump/Long jump</p> <p>Balance to hold a firm stance.</p> <p>Coordination</p> <p>The ability to control the movement of the body in cooperation with the body's functions.</p> <p>Hand eye coordination</p>	<p>Speed bounce</p> <p>Personal best Stamina</p> <p>Accelerate or decelerate.</p> <p>Balance to hold a firm stance.</p> <p>Coordination</p> <p>The ability to control the movement of the body in cooperation with the body's functions.</p>	<p>Triple jump</p> <p>Agility the ability to rapidly change direction, accelerate or decelerate.</p> <p>Balance to hold a firm stance.</p> <p>Coordination</p> <p>The ability to control the movement of the body in cooperation with the body's functions.</p>
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Sequence of Learning:

Objectives (key knowledge):

<p>Lesson 7</p> <p>To select the correct running technique for a short distance speed</p>	<p>Lesson 8</p> <p>To learn to maintain a consistent pace to complete a long-distance run.</p>	<p>Lesson 9</p> <p>To learn how to successfully combine running and jumping movements.</p>	<p>Lesson 10</p> <p>To evaluate and improve performance.</p> <p>Mini athletics</p>	<p>Lesson 11</p> <p>To evaluate and improve performance.</p> <p>Mini athletics</p>	<p>Lesson 12</p> <p>To evaluate and improve performance.</p>
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Fundamentals

<p>Short distance Relay</p> <p>Arm swings</p> <p>Agility the ability to rapidly, accelerate or decelerate.</p>	<p>Long distance</p> <p>Arm swings Pace</p> <p>Foot strike stamina</p> <p>Mental endurance</p> <p>Agility the ability to rapidly change direction, accelerate or decelerate.</p>	<p>Hurdles</p> <p>Balance to hold a firm stance.</p> <p>Coordination</p> <p>The ability to control the movement of the body in cooperation with the body's functions.</p> <p>Hand eye coordination</p>	<p>Mini activities evaluate and improve performance. Self / peer assessment / Intra events</p> <p>Self-assessment/ peer assessment</p> <p>Agility the ability to rapidly change direction, accelerate or decelerate.</p> <p>Balance to hold a firm stance.</p> <p>Coordination</p> <p>The ability to control the movement of the body in cooperation with the body's functions.</p> <p>Hand eye coordination</p> <p>Mini triathlon devised by children. Teamwork</p>
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