



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.

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:

speed • accurately • power • personal best
 determination • further • faster
 • control • strength • pace

Key Skills: Physical

- Sprinting
- Running over obstacles
- Jumping for distance
- Jumping for height
- Push throw for distance
- Pull throw for distance



Key Skills: S.E.T

- Social: Working collaboratively
- Social: Working safely
- Emotional: Perseverance
- Emotional: Determination
- Thinking: Observing and providing feedback



Teacher Glossary



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

Pull throw: when the performer pulls the item through the air

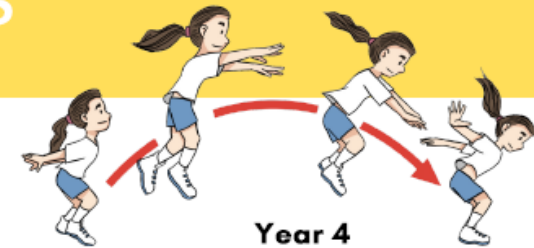
Jump: take off and land on two feet

Hop: take off on one foot and land on the same foot

Leap: take off on one foot and land on the other

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

Where this unit sits



Assessment Criteria

Year 2

- I show balance and co-ordination when running at different speeds.
- I can jump and land with control.
- I can use an overarm throw to help me to throw for distance.
- I can work with others, taking turns and sharing ideas.
- I can identify good technique.
- I can describe how my body feels during exercise.
- I try my best.

Year 3

- I am developing jumping for distance.
- I can identify when I was successful.
- I can take part in a relay activity, remembering when to run and what to do.
- I can throw a variety of objects, changing my action for accuracy and distance.
- I can use different take off and landings when jumping.
- I can use key points to help me to improve my sprinting technique.
- I can work with a partner and in a small group, sharing ideas.
- I show determination to achieve my personal best.

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 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.

Progression of Skills Ladder

Other units that progress into this activity are:

Ball Skills
Fundamentals
Games

<p>Running Develop an understanding of speed and pace in relation to distance..</p>	<p>Running Develop power and speed in the sprinting technique.</p>	<p>Year 4</p>	<p>Jumping Develop technique when jumping for distance.</p>	<p>Throwing Explore power and technique when throwing for distance in a pull and heave throw.</p>
<p>Running Develop the sprinting technique and apply it to relay events.</p>	<p>Running Develop the sprinting action. Explore rhythm when running over obstacles.</p>		<p>Year 3</p>	<p>Jumping Develop technique when jumping for distance in a range of approaches and take off positions.</p>
<p>Running Develop the sprinting action. Explore rhythm when running over obstacles.</p>	<p>Jumping Develop jumping, hopping and skipping actions.</p>	<p>Year 2</p>	<p>Jumping Explore safely jumping for distance and height.</p>	<p>Throwing Develop overarm throwing for distance.</p>