

# PE

## Athletics: KS2

### Remember when

Begin to run at speeds appropriate for the distance. e.g. sprinting and cross country  
 Can perform a running jump with some accuracy  
 Perform a variety of throws using a selection of equipment.  
 Can use equipment safely and with good control.

### Sticky skills

Begin to build a variety of running techniques and use with confidence.  
 Can perform a running jump with more than one component. e.g. hop skip jump (triple jump)  
 Record peers' performances and evaluate these.  
 Demonstrate accuracy and confidence in throwing and catching activities.  
 Describe good athletic performance using correct vocabulary.  
 Can use equipment safely and with good control.

### Key Vocabulary

#### KS2

**Tactics:** Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.  
**Speed:** Is the ability to move all or part of the body as quickly as possible. Speed is vital to success when sprinting or throwing an object.  
**Acceleration:** is how quickly an athlete can increase their speed over a distance. For example this might mean how quickly an athlete ran over 10m starting from a stationary position.  
**Distance:** is defined as the length of space between two points. This might mean how far an athlete has to run, how far an athlete has thrown an object, or how far an athlete has jumped.  
**Accuracy:** is the ability to control where we throw an object.  
**Relay:** A relay is a running race where members of a team take turns to complete parts of the race. Change Over: A change over is where two athletes from the same team pass a baton between one another while running as fast as possible. Athletes cannot throw or drop the baton.  
**Stride Pattern:** Is the distance covered when an athlete takes a step. An athletes stride pattern will differ depending on the distance that athlete is running.  
**Change Over:** A change over is where two athletes from the same team pass a baton between one another while running as fast as possible. Athletes cannot throw or drop the baton.  
**Personal Best:** A personal best is an individual or team's best performance in a given event.  
**Lap:** Is one full completed circuit of a track in a running race.  
**False Start:** A false start is where an athlete begins a running race before they are permitted to do so.  
**Events:** The different track and field activities in athletics are known as events. Track are running events and field are throwing and jumping events.

### Learning Journey

#### Year 3

Explore running for speed Explore acceleration Introduce /develop relay: Running for speed in a team Throwing: Accuracy vs distance Standing Long Jump



#### Year 4

Develop running at speed Exploring our stride pattern Exploring running at pace Understand and apply tactics when running for distance Javelin Standing Triple Jump



#### Year 5

Finishing a race Evaluating our performance Sprinting: My personal best Relay changeovers Shot Put Introducing the hurdles



#### Year 6

Running for speed competition Running for distance competition Throwing competition Jumping competition

### Cognitive

**Year 3:** Pupils will apply an understanding of how to use the correct technique for running fast, jumping far and throwing for distance and why it is so important.

**Year 4:** Pupils will apply a developing understanding of the correct technique for running fast vs pacing, triple jump, javelin and why the correct technique is important

**Year 5:** Pupils will demonstrate a strong

### Social

**Year 3:** Pupils will develop life skills such as cooperation and encouragement as they collaborate with others and support each other to develop their techniques.

**Year 4:** Pupils will develop life skills such as communication and encouragement as they collaborate with others and support each other to improve and develop.

**Year 5:** Pupils will consolidate their ability to encourage and

### Wellness

**Year 3:** Pupils will apply their skills with developing confidence as they grow in their ability to show integrity and determination

**Year 4:** Pupils will continue to develop and apply life skills such as resilience and self motivation as they strive to improve their own performance and understanding.

**Year 5:** Pupils will strive to improve their own technique,

### National Curriculum

- use running, jumping, throwing and catching in isolation and in combination
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

<p>understanding of how to apply the correct technique and why the correct technique is so important.</p> <p><b>Year 6:</b> Pupils will demonstrate an advanced understanding of how to apply the correct technique in each event and why the correct technique is so important.</p>	<p>collaborate with other, communicating developmental feedback and showing respect.</p> <p><b>Year 6:</b> Pupils will refine their ability to encourage and collaborate with other, communicating developmental feedback and showing respect.</p>	<p>ensuring they always apply maximum effort.</p> <p><b>Year 6:</b> Pupils will constantly apply life skills such as responsibility and self discipline by applying their best effort every time and leading others by example.</p>	
	<b>Learning Objective / Focus</b>	<b>Lesson Sequence Outline</b>	
<p><b>Year Three</b></p>	<p><b>Session 1:</b> LO: to consolidate our learning from KS1. <b>Focus:</b> Sprinting: Explore running for speed</p> <p><b>Session 2:</b> LO: to develop an understanding of how and why we need to accelerate at the start of a race. <b>Focus:</b> Sprinting: Explore acceleration</p> <p><b>Session 3:</b> LO: to apply understanding and application of running for speed, when running as part of a team. <b>Focus:</b> Introduce relay: Running for speed in a team</p> <p><b>Session 4:</b> LO: to continue to apply understanding of running for speed when running as part of a team. <b>Focus:</b> Develop relay: Running for speed in a team</p> <p><b>Session 5:</b> LO: to explore the differences between throwing for accuracy and throwing for distance. <b>Focus:</b> Throwing: Accuracy vs distance</p> <p><b>Session 6:</b> LO: to explore how we can use our bodies to jump as far as possible. <b>Focus:</b> Jumping for distance: Standing Long Jump</p>	<p><b>Overview:</b> The unit of work will explore how we can use our bodies to run as fast as possible, exploring the correct technique individually and within teams. Pupils will also begin to examine how to jump as far as possible and compare throwing accurately with throwing for distance.</p> <p><b>Physical:</b> Pupils will develop their ability to run and jump as fast/far as possible with the correct techniques and throw for distance exploring the most effective technique.</p> <p style="text-align: center;"><i>See session plans attached or log on to Complete PE to access relevant documents</i></p>	
<p><b>Year Four</b></p>	<p><b>Session 1:</b> LO: to develop their own sprinting technique. <b>Focus:</b> Sprinting: Develop running at speed</p> <p><b>Session 2:</b> LO: to develop pupils application of stride length during the middle third of a race. <b>Focus:</b> Sprinting: Exploring our stride pattern</p> <p><b>Session 3:</b> LO: to explore pacing and running for distance. Pupils will learn the correct technique to use when running for distance. <b>Focus:</b> Running for pace</p> <p><b>Session 4:</b> LO: to continue to explore pacing and running for distance. <b>Focus:</b> Understand and apply tactics when running for distance</p> <p><b>Session 5:</b> LO: to develop pupils' understanding of throwing for distance. <b>Focus:</b> Throwing for distance: Javelin</p> <p><b>Session 6:</b> LO: to explore how we can use our bodies to jump as far as possible, using a combination of jumps, in particular hop, skip and jump. <b>Focus:</b> Jumping for distance: Standing Triple Jump</p>	<p><b>Overview:</b> The unit of work will develop pupils' ability to develop their own sprinting technique, analysing their own performance. Pupils will compare sprinting to running for distance and pacing. The unit will introduce throwing for distance with javelins and explore the triple jump.</p> <p><b>Physical:</b> Pupils will be able to apply the correct technique for sprinting. They will explore pacing and the correct technique for triple jump and javelin.</p> <p style="text-align: center;"><i>See session plans attached or log on to Complete PE to access relevant documents</i></p>	
<p><b>Year Five</b></p>	<p><b>Session 1:</b> LO: to develop understanding of how to finish a sprinting race, maintaining their speed until they cross the line <b>Focus:</b> Sprinting: Finishing a race</p> <p><b>Session 2:</b> LO: consolidate knowledge, understanding and ability to sprint effectively.</p>	<p><b>Overview:</b> The unit of work will challenge pupils to consolidate their knowledge, understanding and ability to sprint effectively, individually and within a team. Pupils will be able to develop their technique for throwing a shot putt and explore and develop an understanding of how to hurdle safely.</p>	

	<p><b>Focus:</b> Consolidate sprinting: Evaluating our performance</p> <p><b>Session 3:</b> LO: to consolidate knowledge, understanding and ability to sprint setting their own personal best.</p> <p><b>Focus:</b> Sprinting: My personal best</p> <p><b>Session 4:</b> LO: consolidate running as part of a team.</p> <p><b>Focus:</b> Consolidate running in a team: Relay changeovers</p> <p><b>Session 5:</b> LO: to develop understanding of throwing for distance.</p> <p><b>Focus:</b> Throwing for distance: Shot put</p> <p><b>Session 6:</b> LO: to explore and develop an understanding of how to hurdle safely, applying the correct technique.</p> <p><b>Focus:</b> Introducing the hurdles</p>	<p><b>Physical:</b> Pupils will apply the correct technique for sprinting individually and within a team whilst developing their technique for hurdling and throwing the shot put.</p> <p><i>See session plans attached or log on to Complete PE to access relevant documents</i></p>
<p><b>Year Six</b></p>	<p><b>Session 1:</b> LO: to bring together the previous suggested sequences of learning related to running for speed and culminate this into a competition.</p> <p><b>Focus:</b> Level 1: Running for speed competition</p> <p><b>Session 2:</b> LO: to bring together the previous suggested sequences of learning related to running for distance and culminate this into a competition.</p> <p><b>Focus:</b> Level 1: Running for distance competition</p> <p><b>Session 3:</b> LO: bring together the suggested sequence of learning for throwing into a competition.</p> <p><b>Focus:</b> Level 1: Throwing competition</p> <p><b>Session 4:</b> LO: to bring together the suggested sequence of learning for jumping, into a competition.</p> <p><b>Focus:</b> Level 1: Jumping competition</p> <p><b>Session 5:</b> LO: to bring together the suggested sequence of learning for jumping, throwing and running into a mini athletics competition.</p> <p><b>Focus:</b> Athletics competitions: Part 1</p> <p><b>Session 6:</b> LO: to bring together the suggested sequence of learning for jumping, throwing and running into a mini athletics competition.</p> <p><b>Focus:</b> Athletics competitions: Part 2</p>	<p><b>Overview:</b> The unit of work will challenge pupils to apply their knowledge, understanding and skills into a series of competitions. Pupils will experience competition across all of the different areas of athletics that they have explored. Pupils will have to work hard individually to apply the correct technique as well as collaborating in teams.</p> <p><b>Physical:</b> Pupils will apply a refined understanding of running for speed, pacing, throwing and jumping for distance.</p> <p><i>See session plans attached or log on to Complete PE to access relevant documents</i></p>
<p>Working towards</p>	<p><b>End of unit assessment</b> Working at Age related expectations</p>	<p>Working at a greater depth</p>