

## Medium Term Plan: Supporting Implementation of

**Subject:** Year 4 Summer 1 – Athletics:

In this unit pupils will develop basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, distance or accuracy and learn how to persevere to achieve their personal best.

N/C links:

- Use running, jumping, throwing, catching in isolation and in combination.
- Develop flexibility, strength, technique, control and balance.

Key skills:

- Physical: pace, sprint, jump for distance, throw for distance
- Social: collaboration, leadership
- Emotional: perseverance, determination, honesty
- Thinking: reflection, observing and providing feedback, exploring ideas, comprehension

### **Prior Learning (what pupils already know and can do)**

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

### **Long-term Learning (what pupils MUST know and remember) End Goals**

- 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 their best.

**Key Vocabulary:** accuracy, distance, heave, launch, measure, official, officiate, pace, power, record, speed, stamina, stride, technique, transfer of weight.

Session 1 – To develop stamina and an understanding of speed and pace in relation to distance.,

### **Success Criteria**

- Run at a pace that you can maintain.
- Run faster at the end of the race.
- Run with fluency and coordination alternating your arms and legs.

### **Whole Child Objectives**

- Social: To work with my partner to decide on a set pace.
- Emotional: To show perseverance to complete the run.
- Thinking: To reflect on activities and identify success and areas for improvement.

### **Vocabulary:**

Session 2 – To develop power and speed in the sprinting technique.

### **Success Criteria:**

- Elbows bent at 90 degrees.
- Run with fluency and coordination alternating your arms and legs.
- Sprint on the balls of your feet moving your hands from pocket to mouth.

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### **Whole Child Objectives:**

- Social: To help organise my team and encourage them to achieve their best.
- Emotional: To work to my personal best.
- Thinking: To provide feedback on my partners sprinting technique to help them improve.

### **Vocabulary**

Session 3 – To develop technique when jumping for distance.

### **Success Criteria:**

- Jump with control and balance by bending your knees.
- Keep looking straight ahead when you jump.

### **Whole Child Objectives:**

- Social: To collaborate with a partner to jump our furthest distance.
- Emotional: To work to my personal best.
- Thinking: To identify areas for development in my partner's jumps and use this to provide feedback.

### **Vocabulary**

Session 4 - To develop power and technique when throwing for distance.

### **Success Criteria:**

- Create power in your throw by transferring your weight from your back to your front leg.
- Strength and speed with produce power.

### **Whole Child Objectives:**

- Social: To work safely in our group.
- Emotional: To show honesty when measuring throws using the rules.
- Thinking: To identify when I am successful and areas for improvement.

### **Vocabulary**

Session 5 –To develop a pull throw for distance and accuracy.

### **Success Criteria:**

- Begin with a straight arm.
- Create power in your throw by transferring your weight from your back to your front leg.
- Point the javelin tip slightly up.

### **Whole Child Objectives:**

- Social: To lead others.
- Emotional: To show determination to improve my previous throw.
- Thinking: To explore different throwing techniques and decide on one that achieves the furthest distance.

### **Vocabulary**

Session 6 – To develop officiating and performing skills.

### **Success Criteria:**

- Measure from the start line to where the object or performer first lands.

## **Medium Term Plan: Supporting Implementation of**

### **Whole Child Objectives:**

- Social: To work with my group to ensure that we are ready for the activity.
- Emotional: To show determination to achieve my best at each station.
- Thinking: To identify areas of strength and areas for development.

### **Vocabulary**

### **Future learning this content supports:**