

Medium Term Plan: Supporting Implementation of

Subject: Year 6 Summer 1 – Athletics:

In this unit, pupils 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. They learn how to improve by identifying areas of strength as well as areas to develop. Pupils are also given opportunities to lead when officiating as well as observe and provide feedback to others. In this unit pupils learn the following activities: long distance running, short distance running, triple jump, discus and shot put.

N/C links:

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

Key skills:

- Physical: pace, sprint, jump for distance, push throw, fling throw
- Social: negotiating, collaborating, respect
- Emotional: empathy, perseverance, determination
- Thinking: observing and providing feedback, comprehension.

Prior Learning (what pupils already know and can do)

- Pupils can choose the best pace for a running event.
- Pupils can identify good athletic performance and explain why it is good.
- Pupils can perform a range of jumps showing some technique.
- Pupils can show control at take-off and landing in jumping activities.
- Pupils can take on the role of coach, official and timer when working in a group.
- Pupils can use feedback to improve their sprinting technique.
- Pupils persevere to achieve their personal best.
- Pupils show accuracy and power when throwing for distance.

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

- I can compete within the rules showing fair play and honesty.
- I can help others to improve their technique using key teaching points.
- I can identify my own and others' strengths and areas for development and can suggest ways to improve.
- I can perform jumps for distance using good technique.
- I can select and apply the best pace for a running event.
- I can show accuracy and good technique when throwing for distance.
- I understand that there are different areas of fitness and how this helps me in different activities.
- I use different strategies to persevere to achieve my personal best.

Key Vocabulary

Discuss, drive, event, explosive, fling, grip, maximum, meet, officiate, pace, pattern, phase, power, release, rhythm, stance, strategy.

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Session 1 – To develop my own and others sprinting technique.

Success Criteria

- Demonstrate a consistent stride length when sprinting.
- Work collaboratively in a team by listening and sharing ideas.

Whole Child Objectives

- Social: To discuss, negotiate and agree on a set distance for each of my teammates.
- Emotional: To show empathy towards others when making decisions.
- Thinking: To provide feedback on another's sprinting technique to help them improve.

Session 2 – To identify a suitable pace for the event.

Success Criteria:

- Select and apply the best pace for the running event.
- Steady your breathing by breathing in through your nose and out through your mouth.

Whole Child Objectives:

- Social: To work be respectful of other peoples ability, technique and learning.
- Emotional: To show perseverance to complete a six minute run.
- Thinking: To understand the importance of preparing the body for exercise.

Session 3 – To develop power, control and technique for the triple jump.

Success Criteria:

- Keep a consistent rhythm.
- Link jumps showing control and balance.
- Perform jumps for distance using good technique.

Whole Child Objectives:

- Social: To work with a partner to establish the correct jumping pattern.
- Emotional: To persevere if I find something difficult.
- Thinking: To understand that speed will build momentum and power and therefore allow me to jump further.

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

Success Criteria:

- Throw for distance with a balanced stance.
- Transfer your weight from your back to your front leg.

Whole Child Objectives:

- Social: To make safe responsible decisions.
- Emotional: To persevere when learning a new skill.
- Thinking: To identify areas for development in my partner's throws and use this to provide feedback.

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Session 5 –To develop throwing with force and accuracy for longer distances.

Success Criteria:

- Aim to throw accurately.
- Follow through with your hand in the direction of your throw.
- Throw for distance with a balanced stance.
- Transfer your weight from your back to your front leg.

Whole Child Objectives:

- Social: To work with my group to ensure that we are ready for the activity.
- Emotional: To be accepting of feedback.
- Thinking: To identify areas for development in my partner's throws and use this to provide feedback.

Session 6 – To work collaboratively in a team to develop the officiating skills of measuring, timing and recording.

Success Criteria:

- Be determined to try your best.
- Measure to the point nearest to the start line.
- Work collaboratively in a team by listening and sharing ideas.

Whole Child Objectives:

- Social: To discuss, negotiate and agree on an event for each of my teammates to compete in.
- Emotional: To show determination to achieve my personal best at each station.
- Thinking: To identify areas of personal strength.

Future learning this content supports: