

Medium Term Plan: Supporting Implementation of

Subject: Year 2 Summer 1 - Athletics:

In this unit pupils will develop skills required in athletic activities such as running at different speeds, jumping and throwing. In all athletic based activities, pupils will engage in performing skills and measuring performance, competing to improve on their own score and against others. They are given opportunities to work collaboratively as well as independently. They learn how to improve by identifying areas of strength as well as areas to develop.

N/C links:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

Key skills:

- Physical: run, jump for distance, jump for height, throw for distance, throw for accuracy
- Social: communication, work safely, support others
- Emotional: determination, independence
- Thinking: comprehension, observe and provide feedback, explore ideas, select and apply skills

Prior Learning (what pupils already know and can do)

- Know that swinging your arms will help you run faster.
- Know that landing on the balls of your feet helps you to land with control.
- Know that bending your knees will help you to jump further.
- Know that stepping forward with your opposite foot to throwing hand will help you to throw further.

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

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

Key Vocabulary

Aim, distance, far, fast, height, jog, jump, landing, overarm, sprint, take off, target, throw

Session 1 – To develop the sprinting action.

Success Criteria

- Balance when running by alternating arms and legs.
- Run on the balls of your feet.
- Take big strides when running fast.

Whole Child Objectives

- Social: To communicate with others discussing technique.
- Emotional: To work to my personal best.
- Thinking: To understand what good technique looks like and can recognise it when I see it.

Sprinting video to be shown - <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12342>

Vocabulary:

Distance, fast, jog, jump, sprint

Medium Term Plan: Supporting Implementation of

Session 2 – To develop jumping for distance.

Success Criteria:

- Bend your knees to help push off.
- Look forward at take off and landing.
- Soft bent knees on landing.
- Swing your arms up at take off.

Whole Child Objectives:

- Social: To make safe decisions when moving around others.
- Emotional: To show determination to improve on my previous jumps.
- Thinking: To identify areas for improvement in a classmate's technique.

Long jump video to be shown - <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=11464>

Vocabulary

Distance, far, fast, jog, jump, landing, take off, sprint,

Session 3 –To develop jumping for height.

Success Criteria:

- Drive your arms upwards to help you jump higher.
- Jump from a balanced starting position.
- Look forward at take off and landing.
- Use different techniques to tackle different obstacles.

Whole Child Objectives:

- Social: To make safe and responsible decisions when jumping over equipment.
- Emotional: To work to my personal best.
- Thinking: To explore different take offs and use this to help me jump higher.

Vocabulary

Take off, jump, landing, height, far, distance

Session 4 - To develop throwing for distance.

Success Criteria:

- Place your opposite leg to throwing arm forward.
- Stand sideways on to the direction of the throw.
- Throw from a balanced starting position.

Whole Child Objectives:

- Social: To support other people in my group.
- Emotional: To show determination to improve my throw.
- Thinking: To observe others and provide feedback.

Vocabulary

Distance, far, throw, overarm, target, height

Medium Term Plan: Supporting Implementation of

Session 5 –To develop throwing for accuracy.

Success Criteria:

- Keep your eyes looking at your target.
- Point your hand at your target after you throw.
- Throw from a balanced starting position.

Whole Child Objectives:

- Social: To congratulate my partner for working hard and for using a good technique.
- Emotional: To show determination to improve on my previous throw.
- Thinking: To select and apply an appropriate throw for the activity.

Vocabulary

Distance, far, fast, height, jog, jump, landing, overarm, sprint, take off, target

Session 6 – To select and apply knowledge and technique in an athletics carousel.

Success Criteria:

- Keep soft knees when linking running and jumping movements.
- Look forward at take off and landing.
- Throw from a balanced starting position.
- Try your best at each station and encourage each other to work for the whole time.

Whole Child Objectives:

- Social: To support my partner to achieve their personal best.
- Emotional: To work independently.
- Thinking: To select the appropriate skill for the activity.

Vocabulary

Distance, far, fast, height, jog, jump, landing, overarm, sprint, take off, target

Future learning this content supports:

This unit will support future fitness and athletics units throughout KS1 and KS2. It will also support them during their summer topics helping them to transfer some key skill across. Pupils will have improved their balance, speed, coordination, strength and ability to change direction which will be used throughout the summer units. These skills will also be essential to sports in KS2 such as football, basketball, rounders, cricket, dance, hockey and tag rugby.