

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

**Subject:** Year 5 Summer 2 - 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, height, 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 athletic activities: long distance running, sprinting, relay, triple jump, shot put and javelin.

N/C links:

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

Key skills:

- Physical: pace, sprint, relay changeovers, jump for distance, push throw, pull throw
- Social: collaboration, negotiation, communication, supporting others
- Emotional: perseverance, confidence, concentration, determination
- Thinking: observing and providing feedback, selecting and applying, comprehension

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

- Strike to space away from fielders will help to score.
- Communicate with teammates before throwing them a ball.
- Focus on balance before throwing to help improve accuracy of the throw.
- Move their feet to the ball when catching.

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

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

### **Key Vocabulary**

Approach, changeover, consistent, dominant, drive, event, field, force, javelin, momentum, shot put, stamina, stride, technique, track

Session 1 – To understand pace and apply different speeds over varying distances.

### **Success Criteria**

- Choose the best pace for the running event.
- Run at a pace that you can maintain.

### **Whole Child Objectives**

- Social: To work collaboratively with my partner to set a pace.
- Emotional: To show perseverance to complete the run.
- Thinking: To identify that keeping a steady breath will help me when running longer distances.

### **Vocabulary**

Consistent, event, stride, track

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

Session 2 - To develop fluency and co-ordination when running for speed.

### **Success Criteria:**

- Sprint on the balls of your feet moving your hands from pocket to mouth.
- Take big strides.

### **Whole Child Objectives:**

- Social: To discuss, negotiate and agree on a running order.
- Emotional: To be confident to take on different roles.
- Thinking: To provide feedback on another's sprinting technique to help them improve.

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

### **Vocabulary**

Consistent, event, stride, technique

Session 3 –To develop technique in relay changeovers.

### **Success Criteria:**

- Choose the best pace for the running event.
- Communicate with teammates to exchange the baton smoothly.
- Hold the end of the baton.
- Run at a slow speed when waiting to receive the baton.

### **Whole Child Objectives:**

- Social: To communicate with my teammates to help create a smooth changeover.
- Emotional: To focus on my team and changeover cues.
- Thinking: To apply my knowledge of the sprinting technique to this track event.

Downsweep video to be shown - <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=11463>

Upsweep video to be shown - <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=11467>

### **Vocabulary**

Approach, changeover, event, technique, track

Session 4 - To build momentum and power in the triple jump.

### **Success Criteria:**

- Hop: One foot to the same foot.
- Jump: Land two feet.
- Perform a range of jumps showing balance in take off and landing.
- Show control at take-off and landing by bending your knees.
- Step: One foot to the other foot.

### **Whole Child Objectives:**

- Social: To work with a partner to establish the correct jumping pattern.
- Emotional: To work to my personal best.
- Thinking: To identify areas for improvement in my partner's jumps and use this to provide them with feedback.

Triple jump video to be shown - <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=11466>

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

### **Vocabulary**

Approach, dominant, drive, event, momentum, stride, technique

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

### **Success Criteria:**

- Finish your throw with your hand high.
- Strength and speed will create power.
- Transfer your weight from your back to your front leg.

### **Whole Child Objectives:**

- Social: To support and encourage my teammates to achieve their personal best.
- Emotional: To show determination to achieve my personal best.
- Thinking: To explore throwing from different start points and use my findings to identify the most effective position.

Shot put video to be shown - <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=11465>

### **Vocabulary**

Force, momentum, shot put, technique

Session 6 – To develop throwing with greater control and technique.

### **Success Criteria:**

- Begin your throw in a balanced stance.
- Point the javelin tip slightly up.
- 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 work to my personal best.
- Thinking: To explore using a run up in the javelin throw and identify the effect this has on the distance I achieve.

Javelin video to be shown – <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=27380>

### **Vocabulary**

Approach, consistent, javelin, force, event, technique

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

This unit will support future units throughout Year 6. Due to having a variety of events taught throughout this unit, pupils will have gained a broad range of skills that will be transferred across units they encounter in the future. Pupils will have improved their balance, speed, coordination, strength and agility. These skills will also be essential during their participation of various sports such as football, rugby, basketball, rounders etc.