

Athletics

Years 5 & 6 Athletics



Looking at different ways of running, jumping and throwing whilst developing children's technique and awareness of safety.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SKILLS I can.....	Change pace and run at different tempos. Sustain my pace over longer distances.	Throw with accuracy and power using the pull technique. Throw after a run up.	Throw with greater force and over longer distances. Throw with greater control, accuracy and efficiency.	Perform the correct techniques for triple jump, high jump and standing vertical jump. Measure accurately my performance at standing vertical jumping.	Combine sprinting with hurdling	Transfer a relay baton efficiently as part of a team
KNOWLEDGE I know.....	How to control my running over middle distance. How running a bend differs from running a straight.	To get sideways on when throwing. How to throw safely as part of a group. To use my non-throwing arm to help me throw.	How to throw a shot using, 'clean palm, dirty neck' technique. How to generate power from the thighs.	How to approach the bar from an arced run up when high jumping. The technique, 'same, different, both' for triple jump.	My take off foot and lead leg. How to hurdle efficiently	How to position myself to receive a baton.
ASSESSMENT I can...	Can lead others in warming up, knows why it is important and can work actively across whole sessions	Listens actively, respects the opinion of others and contributes ideas	Enjoy competing and challenging myself to improve.	Can lead others in warming up, knows why it is important and can work actively across whole sessions	Listens actively, respects the opinion of others and contributes ideas	Enjoy competing and challenging myself to improve.