

# Year 5 Term 6 P.E: Athletics



Curriculum Key Question: How can I look after myself and others?

Topic: Where in the World?

## What should I already know?

- 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 to their best.

# Athletics Y5

## Key Skills: Physical

- Pacing
- Sprinting technique
- Relay changeovers
- Jumping for height
- Jumping for distance - long jump, triple jump
- Push throw for distance - shot put, javelin
- Pull throw for distance

## Key Skills: S.E.T

- Social: Collaborating with others
- Social: Supporting others
- Emotional: Perseverance
- Emotional: Determination
- Thinking: Observing and providing feedback



## Official Athletic Events

Running	Jumping	Throwing
<b>Sprinting</b> 100m, 200m, 400m	<b>Long jump</b> Jump for distance	<b>Discus</b> Fling throw
<b>Hurdles</b>	<b>Triple jump</b> Jump for distance	<b>Shot</b> Push throw
<b>Relay</b>	<b>High jump</b> Jump for height	<b>Hammer</b> Fling throw
<b>Middle distance</b> 800m, 1500m	<b>Pole vault</b> Jump for height	<b>Javelin</b> Pull throw
<b>Long distance</b> 5,000, 10,000		
<b>Steeplechase</b>		

## Key Vocabulary

Changeover	where a baton is passed from one person to another.
Downsweep	In relay when the performer passes the baton in a downward action.
Upsweep	When a performer passes the baton in an upward movement.
Flight	The time the performer spends in the air in jumping events.
Hop	Take off on one foot and land on the same foot.
Leap	Take off on one foot and land on the other. Also known as a step in triple jump.
Jump	Take off and land on two feet.
Pull throw	When a performer pulls the item through the air.
Push throw	When the performer pushes the item through the air.

## Skills I will develop:

- 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.

