### Year 5 Term 6 P.E: Athletics



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

Topic: Where in the World?

### **Key Vocabulary**

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

# Set Set 4 P.E.

### 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

Social: Collaborating with others

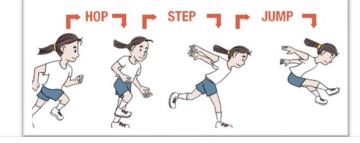
Key Skills: S.E.T

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

### 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.





## Official Athletic Events Jumping

Sprinting

100m, 200m, 400m

Hurdles Relay

Middle distance 800m, 1500m

Long distance 5,000, 10,000 Steeplechase **Long jump** Jump for distance

Triple jump
Jump for distance
High jump

Jump for height

Pole vault

Jump for height

Throwing

Discus
Fling throw
Shot
Push throw
Hammer
Fling throw

Javelin Pull throw