

# Year 6-Term 6 – PE – Athletics



Curriculum Key Question: Where are we going?

Topic: Diversity – how are we all wonders?

## What should I already know?

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 use power and accuracy when throwing for distance.

## Skills I will develop:

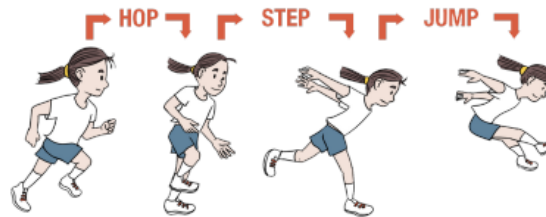
I can select and apply the best pace for a running event.  
 I can compete within the rules showing fair play and honesty.  
 I can help others to improve their technique using key teaching points.  
 I can perform jumps for distance using good technique.  
 I can show accuracy and good technique when throwing for distance.  
 I use different strategies to persevere to achieve my best goal.

### Key Skills: Physical

- Pacing
- Sprinting
- Running over obstacles - hurdles
- Jumping for distance - triple jump
- Jumping for height - high jump
- Fling throwing for distance - discus
- Push throwing for distance - shot put

### Key Skills: S.E.T

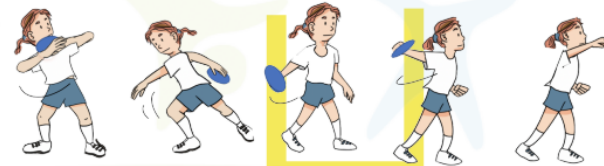
- Social: Negotiating
- Social: Collaborating with others
- Emotional: Perseverance
- Emotional: Determination
- Thinking: Observing and providing feedback



## Key vocabulary:

**Lead leg** - refers to the leg that clears the hurdle first.  
**Trail leg** - refers to the leg that clears the hurdle second.  
**Changeover** - where a baton is passed from one person to another.  
**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.  
**Push throw** - when the performer pushes the item through the air.  
**Trajectory** - the direction or position taken by a person or object.  
**Transfer of weight** - moving the weight of the body supported by one leg to the other.

## Progression of Skills Ladder



Other units that progress into this activity are:

- Ball Skills
- Fundamentals
- Games

**Running**  
 Demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique.

**Running**  
 Apply fluency and co-ordination when running for speed in relay changeovers.

**Running**  
 Effectively apply speeds appropriate for the event.

**Jumping**  
 Develop power, control and consistency in jumping for distance.

Year 6

**Jumping**  
 Develop power, control and technique in the triple jump.

**Throwing**  
 Develop power, control and technique when throwing discus and shot put.

Year 5

**Jumping**  
 Explore technique and rhythm in the triple jump.

**Throwing**  
 Develop technique and power in javelin and shot put.