



## Links to the PE National Curriculum

- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Develop running, jumping, throwing and catching in isolation and in combination.
- Develop flexibility, strength, technique, control and balance.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

## Official Athletic Events

### Running

#### Sprinting

100m, 200m, 400m

#### Hurdles

#### Relay

#### Middle distance

800m, 1500m

#### Long distance

5,000, 10,000

#### Steeplechase

### Jumping

#### 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

## Key Vocabulary:

speed • accurately • power • personal best

determination • further • faster

• control • strength • pace

## Key Skills: Physical

- Sprinting
- Running over obstacles
- Jumping for distance
- Jumping for height
- Push throw for distance
- Pull throw for distance



## Key Skills: S.E.T

- Social: Working collaboratively
- Social: Working safely
- Emotional: Perseverance
- Emotional: Determination
- Thinking: Observing and providing feedback



## Teacher Glossary

**Push throw:** when the performer pushes the item through the air

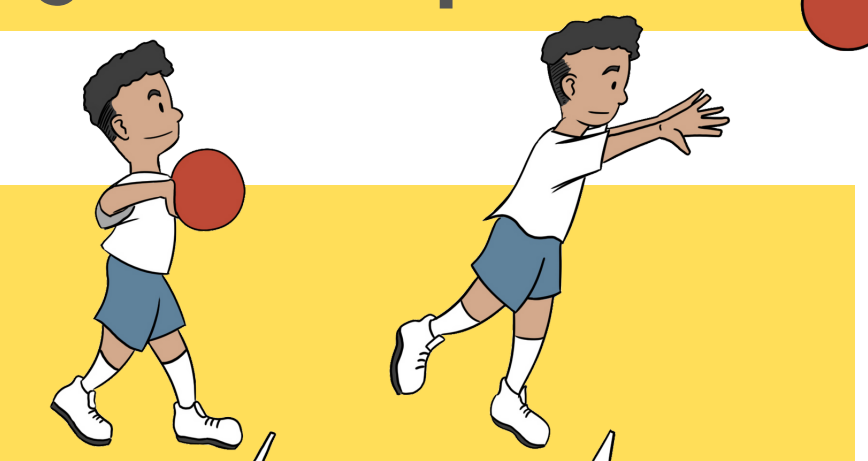
**Pull throw:** when the performer pulls the item through the air

**Jump:** take off and land on two feet

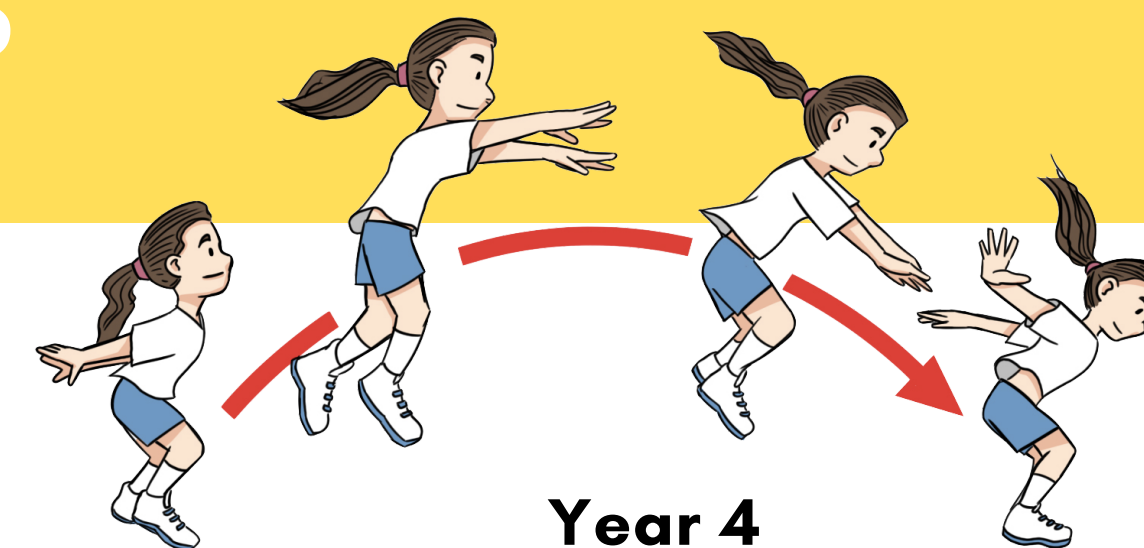
**Hop:** take off on one foot and land on the same foot

**Leap:** take off on one foot and land on the other

**Changeover:** where a baton is passed from one person to another



# Where this unit sits



## Assessment Criteria

### Year 2

- I show balance and co-ordination when running at different speeds.
- I can jump and land with control.
- I can use an overarm throw to help me to throw for distance.
- I can work with others, taking turns and sharing ideas.
- I can identify good technique.
- I can describe how my body feels during exercise.
- I try my best.

### Year 3

- I am developing jumping for distance.
- I can identify when I was successful.
- I can take part in a relay activity, remembering when to run and what to do.
- I can throw a variety of objects, changing my action for accuracy and distance.
- I can use different take off and landings when jumping.
- I can use key points to help me to improve my sprinting technique.
- I can work with a partner and in a small group, sharing ideas.
- I show determination to achieve my personal best.

### Year 4

- 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.

## Progression of Skills Ladder

**Other units that progress into this activity are:**

- **Ball Skills**
- **Fundamentals**
- **Games**

<p><b>Running</b> Develop an understanding of speed and pace in relation to distance..</p>	<p><b>Running</b> Develop power and speed in the sprinting technique.</p>	<p><b>Year 4</b></p>	<p><b>Jumping</b> Develop technique when jumping for distance.</p>	<p><b>Throwing</b> Explore power and technique when throwing for distance in a pull and heave throw.</p>
<p><b>Running</b> Develop the sprinting technique and apply it to relay events.</p>			<p><b>Year 3</b></p>	<p><b>Jumping</b> Develop technique when jumping for distance in a range of approaches and take off positions.</p>
<p><b>Running</b> Develop the sprinting action. Explore rhythm when running over obstacles.</p>	<p><b>Jumping</b> Develop jumping, hopping and skipping actions.</p>	<p><b>Year 2</b></p>	<p><b>Jumping</b> Explore safely jumping for distance and height.</p>	<p><b>Throwing</b> Develop overarm throwing for distance.</p>