



**P.E.**

**Athletics**

**Year 5**

**Summer Term 1**

## Skills

- To increase stamina when running long distances
- Increase improve technique when sprinting
- Enhance collaborative working skills.
- Develop jumping technique,
- Improve accuracy and distance when throwing

## Key Knowledge

- pupils wait for instruction and check the area is clear before throwing
- there is adequate space between throwers

In obstacle events ensure the following:

- the obstacles can fall easily when hit
- there is adequate space for returning runners
- runners only hurdle the obstacles in one direction

## Sequence of Practical Experiences

To be able to apply different speeds over varying distances.

To develop fluency and coordination when running for speed.

To develop technique in relay changeovers.

To develop power, control and consistency in jumping for distance.

## Statutory requirements

- use running, jumping, throwing and catching in isolation and in combination
- develop flexibility, strength, technique, control and balance [e.g. through athletics and gymnastics]
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

## Prior Learning

Running & Walking

Running over obstacles

Throwing for distance

Throwing for accuracy

Jumping for height and distance

Combination jumping

## Key Vocabulary

Jog, run, sprint

Throw, push, pull

Jump, hop, skip

Speed, pace

Distance, time, measure

Accuracy,

Position

Projectory, Release, Take off,

Stamina, control

## Techniques

**Running**



**Throwing**



**Jumping**



**Heads, Hearts, Hands**

