**Year 5/6 Summer 1 P.E.**

**Young Olympians**

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| Prior Learning  |
| Children look at Olympic based activities each year that link with sports day. This unit builds on the Y5 ‘Young Olympians’ unit. |
| Key vocabulary for this unit |
| Sprint startStanding startJavelinPositionDirectionTarget techniqueDistancePull RelayPosition | PaceHandoverPositioningTake offLandingLong jumpExtendBendDistance Controlcarousel |
| Learning Sequence |
| **To investigate running styles and changes of speed.** | * To run efficiently for speed.
* To demonstrate good arm and leg technique.
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| **To practice throwing with power and accuracy.** | * Learn the pull technique for throwing.
* Throw and retrieve implements safely.
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| **To throw safely and with understanding.**  | * Describe the effect of different throwing positions.
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| **To demonstrate good running technique in a competitive situation.** | * Sprint a short distance as part of a team.
* React quickly to a stimulus.
* Demonstrate good running technique when jumping over obstacles.
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| **To explore different footwork patterns and to understand which technique is most effective when jumping for distance.**  | * Understand how to perform a standing broad jump (two feet to two feet).
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| **To utilise all of the skills in a competitive situation.** | * Put skills into practice, aiming to improve on previous results.
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| Assessment milestones |
| * use running, jumping, throwing and catching in isolation and in combination
* compare their performances with previous ones and demonstrate improvement to achieve their personal best.
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