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

**Young Olympians**

|  |  |  |
| --- | --- | --- |
| 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 start  Standing start  Javelin  Position  Direction  Target technique  Distance  Pull  Relay  Position | | Pace  Handover  Positioning  Take off  Landing  Long jump  Extend  Bend  Distance  Control  carousel |
| Learning Sequence | | |
| **To investigate running styles and changes of speed.** | * To run efficiently for speed. * To demonstrate good arm and leg technique. | |
| **To practice throwing with power and accuracy.** | * Learn the pull technique for throwing. * Throw and retrieve implements safely. | |
| **To throw safely and with understanding.** | * Describe the effect of different throwing positions. | |
| **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. | |
| **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). | |
| **To utilise all of the skills in a competitive situation.** | * Put skills into practice, aiming to improve on previous results. | |
| 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. | | |