

Athletics



Prior Learning	
<p>This unit will build on the children's existing running, jumping and throwing skills. Prior learning will be their own development in changing speed and direction when running, jumping for height and distance and throwing underarm accurately.</p>	
Key vocabulary for this unit	
<p>Sprint Hurdles Standing jump Push throw Technique, rhythm and fluency Modify and refine</p>	
Learning Sequence	
The Basics	<ul style="list-style-type: none"> To use running, jumping, throwing and catching in isolation and in combination in the context of athletics.
Super Sprinting	<ul style="list-style-type: none"> To develop flexibility, strength, technique, control and balance in order to sprint effectively. To compare performances with previous ones and demonstrate improvement to achieve personal best.
Heroic Hurdling	<ul style="list-style-type: none"> To develop flexibility, strength, technique, control and balance when running over hurdles. To compare performances with previous ones and demonstrate improvement to achieve personal best.
Jumping Animals	<ul style="list-style-type: none"> To develop flexibility, strength, technique, control and balance in the context of the standing long jump. To compare performances with previous ones and demonstrate improvement to achieve personal best.
Thorough Throwing	<ul style="list-style-type: none"> To develop flexibility, strength, technique, control and balance when developing different throwing techniques.

	<ul style="list-style-type: none"> • To compare performances with previous ones and demonstrate improvement to achieve personal best in the context of the underarm and overarm throw.
Push Throw Space Mission	<ul style="list-style-type: none"> • To develop flexibility, strength, technique, control and balance in the context of the shot put throw. • To compare performances with previous ones and demonstrate improvement to achieve personal best.
Assessment milestones	
<p>Working Athletically:</p> <ul style="list-style-type: none"> • Apply, improve and perform learnt skills and techniques with increasing success, control and confidence. 	<p>Athletic Skills:</p> <ul style="list-style-type: none"> • Run over a longer distance, conserving energy in order to sustain performance. • Use a range of throwing techniques (such as under arm, over arm and push throws) with control and accuracy. • Perform the standing long jump using the correct techniques to achieve the furthest possible distance.