

PE - Athletics

<p>Prior Learning</p>	
<p>This unit will build on the children’s existing knowledge of striking skills. Prior learning will be existing running (including sprint and relay), jumping and throwing skills as well as improve their own performance and also help others to achieve their personal best.</p>	
<p>Key vocabulary for this unit</p>	
<p>Sprint Pace Sustain Relay Standing triple jump</p>	<p>Pull throw</p>
<p>Learning Sequence</p>	
FUNdamentals	<ul style="list-style-type: none"> To use and apply existing running, jumping and throwing skills.
Finish Fast	<ul style="list-style-type: none"> To improve running technique for sprinting.
Relay Running	<ul style="list-style-type: none"> To practise relay running.
Standing Triple Jump	<ul style="list-style-type: none"> To jump for distance using the standing triple jump.
Pull It	<ul style="list-style-type: none"> To learn the pull throw technique.
Pentathlon	<ul style="list-style-type: none"> To compete in a combined athletics event, aiming to achieve a personal best.
<p>Assessment milestones</p>	
<p>Working Athletically:</p> <ul style="list-style-type: none"> To identify good technique and suggest areas for improvement. To help and support team members. 	<p>Athletic Skills:</p> <ul style="list-style-type: none"> To execute the standing triple jump technique with some control. Refine the technique of sprinting effectively. To know the pull throw technique.