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.	