Athletics

| Prior Learning | |
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| This unit will build on the children's existing running, jumping and throwing skills.<br>Prior learning will be their own development in changing speed and direction when running, jumping for height and distance and throwing underarm accurately. | |
| Key vocabulary for this unit | |
| Sprint<br>Hurdles<br>Standing jump<br>Push throw<br>Technique, rhythm and fluency<br>Modify and refine | |

| Learning Sequence | |
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| **The Basics** | • To practise existing running, jumping and throwing skills. |
| **Super Sprinting** | • To sprint effectively. |
| **Heroic Hurdling** | • To run with fluency over hurdles. |
| **Jumping Animals** | • To jump for distance. |
| **Thorough Throwing** | • To develop and refine different throwing techniques |
| **Push Throw Space Mission** | • To learn different push throw techniques |

| Assessment milestones | |
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| **Working Athletically:**<br>• Apply, improve and perform learnt skills and techniques with increasing success, control and confidence. | **Athletic Skills:**<br>• Run over a longer distance, conserving energy in order to sustain performance.<br>• Use a range of throwing techniques (such as under arm, over arm and push throws) with control and accuracy.<br>• Perform the standing long jump using the correct techniques to achieve the furthest possible distance. |