

Year 5 Athletics

Curriculum Link:

To use running, jumping, throwing and catching in isolation and in combination to develop flexibility, strength, technique, control and balance [for example, through athletics]
To compare their performances with previous ones and demonstrate improvement to achieve their personal best

Key Information	Learning	Key PE Skills
Unit	Previous Learning	Competing and Performing
Subject Name: PE Year Group: 5 Term: 3 (H1) Unit Name: Athletics	<ul style="list-style-type: none"> • Run/jog a variety of distances, choosing an appropriate speed and pace for the distance and maintain consistency/steady pace. • Carry out an effective sprint finish. • Develop performing a relay, focusing on the baton changeover technique. • Learn how to combine a hop, step and jump to perform the standing triple jump. • Jump for height and distance with accuracy, balance and control. • Focus on trail leg and lead leg action when running over hurdles. • Perform a push and pull throw with control and developing accuracy. • Improve on own technique and beat personal bests. • Improve their throwing techniques to throw for greater distance. 	<ul style="list-style-type: none"> • Compete against self and others in a controlled manner in teams and individually in a range of competitive activities using evaluation to improve performance.
Big Ideas	Year 5 Learning	Health and Fitness & Preparation
Take part in athletic activities to; develop running, jumping, throwing and catching skills in isolation and combination; develop flexibility, strength, technique, control and balance; and evaluate and improve their performance.	<ul style="list-style-type: none"> • Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run. • Accelerate from a variety of starting positions and select their preferred position. • Work as a team to perform a relay, planning to get best results. • Perform an effective standing long jump and triple jump. • Develop an effective technique for the standing vertical jump (jumping for height) including take-off and flight. • Run over hurdles with developing fluency and a consistent stride pattern. • Perform a push and pull throw with control and accuracy. • Improve on own technique and beat personal bests and begin to support others in this. • Continue to develop techniques to throw for increased distance. 	<ul style="list-style-type: none"> • Know and understand the reasons for warming up and cooling down and lead own warm-ups and cool downs with support. • Explain why exercise is good for health, fitness and wellbeing and make some links to ways we can become healthier.

Key Information	Learning	Key PE Skills
Vocabulary	Future Learning:	Evaluation and Communication
stamina accelerate fling-throw accuracy control co-ordination	<ul style="list-style-type: none"> • Confidently and independently select the most appropriate pace for different distances and different parts of the run and make links to stamina. • Accelerate to pass other competitors. • Work as a team to competitively perform a relay. • Perform a range of jumps showing power, control and consistency at both take-off and landing. • Maintain control at each of the different stages of the triple jump. • Run over hurdles with fluency and a consistent stride pattern and some focus on the lead leg technique. • Perform a push, pull and fling throw with control and accuracy. • Improve on own technique and beat personal bests and support others in improving their personal best. • Continue to develop techniques to throw for increased distance. 	<ul style="list-style-type: none"> • Watch and describe performances of themselves and others - link this to how this has supported modifying their skills and techniques to improve over time and offer improvements to others. • Use communication skills to illustrate what they are doing and respond to others to begin to improve team play.

Glossary

- Baton:** A short stick or tube passed from runner to runner in a relay race.
- Bell Lap:** The final lap in a distance race, signalled by the ringing of a bell.
- Competitive:** The act or process of trying to get or win something others are also trying to get or win.
- Decathlon:** An athletic competition combining 10 track and field events.
- Discus:** A heavy disk thrown in discus.
- False Start:** Failed start of a race, usually caused by a runner moving forward before the race has begun.
- Field:** Events in athletics that involve throwing, jumping and vaulting.
- Hammer:** A 16-pound metal ball attached to a wire for throwing in an athletic contest.
- Heptathlon:** An athletic competition combining 7 track and field events.
- High jump:** Sport in which competitors jump over a bar that is raised.
- Lap:** One circuit of a running track or a racetrack.
- Long jump:** An athletic event in which competitors jump as far as possible along the ground in one leap.
- Pole-vault:** An event in which competitors vault over a high bar with the aid of an extremely long, flexible pole.
- Relay:** Race between teams of runners in which each team member in turn covers part of the total distance.
- Shot put:** An athletic contest in which a very heavy metal ball is thrown as far as possible.
- Sprint:** A short, fast race run over a distance of 400 metres or less.
- Tactics:** Methods and plans that players and teams use to increase their chances of winning.
- Track and Field:** Sporting events based on the skills of running, jumping and throwing.
- Triple Jump:** An event in which competitors leap as far as possible by performing a hop, a step and a jump.