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| **Year 6 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: **6**  Term: **3 (H1)**  Unit Name: **Athletics**  **Spiritual Development**  Through the study of Physical Education, children will develop an understanding of the importance of physical health and how this can promote positive emotional development. John 1:2 Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul. | * 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. | * Compete against self and others in a controlled manner in teams and individually in a range of competitive activities using evaluation and tactics to improve performance. |
| **Big Ideas** | **Year 6 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. | * To know how to confidently and independently select the most appropriate pace for different distances and different parts of the run and make links to stamina. * To be able to accelerate to pass other competitors. * To know how to work as a team to competitively perform a relay. * To know how to perform a range of jumps showing power, control and consistency at both take-off and landing. * To be able to maintain control at each of the different stages of the triple jump. * To be able to run over hurdles with fluency and a consistent stride pattern and some focus on the lead leg technique. * To be able to perform a push, pull and fling throw with control and accuracy. * To be able to improve on own technique and beat personal bests and support others in improving their personal best. * To be able to continue to develop techniques to throw for increased distance. | * Know and understand the reasons for warming up and cooling down and begin to select appropriate warm-ups and cool downs in relation to the physical activity taking place. * Explain why exercise is good for health, fitness and wellbeing and know ways we can become healthier. |

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| **Key Information** | **Learning** | **Key PE Skills** |
| **Vocabulary** | **Future Learning:** | **Evaluation and Communication** |
| stamina  accelerate  fling-throw  accuracy  control  co-ordination | * **KS3:** | * Watch or describe performances of themselves and others, and effectively and thoroughly evaluate what went well, what skills or techniques to practice and how that leads to improvements in performance for themselves and others. * Use communication skills to illustrate what they are doing and respond to others 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. | | |