

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
<p>Subject Name: PE Year Group: 5 Term: 3 (H2) Unit Name: Athletics</p> <p>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. “I say this because I know what I have planned for you,” says the Lord. “I have good plans for you. I don’t plan to hurt you. I plan to give you hope and a good future.”</p> <p>Jeremiah 29:11</p>	<ul style="list-style-type: none"> • To develop stamina and an understanding of speed and pace in relation to distance. • To develop power and speed in the sprinting technique. • To develop technique when jumping for distance. • To develop power and technique when throwing for distance. • To develop a pull throw for distance and accuracy. • To develop officiating and performing skills. • To develop officiating and performing skills. 	<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.

- To understand pace and apply different speeds over varying distances.
- To develop fluency and co-ordination when running for speed.
- To develop technique in relay changeovers.
- To build momentum and power in the triple jump.
- To develop throwing with force for longer distances.
- To develop throwing with greater control and technique.
- To develop throwing with greater control and technique.

- 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"> To develop my own and others sprinting technique. To identify a suitable pace for the event. To develop power, control and technique for the triple jump. To develop power, control and technique when throwing for distance. To develop throwing with force and accuracy for longer distances. To work collaboratively in a team to develop the officiating skills of measuring, timing and recording. 	<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.