

Aims and Outcomes – MEDIUM TERM PLANNING



KEY STAGE 1 AND 2

SUBJECT: P.E. – Athletics

Aims of the Unit	Lessons	Knowledge Focus – Concepts & Skills	Assessment	
<p>The main aims of the unit are to;</p> <ul style="list-style-type: none"> • Develop the basic practical skills required to be able to take part in athletic events • Learn, improve and be successful in different running, jumping and throwing events • Understand the techniques of the event we are taking part in and apply them to different situations • Prepare for a whole School Sports Day and have the required skills and understanding to be successful 	<p>SPRINTING</p> <p>Year 1/2 Correct starting position Basic running technique Staying in your own lane Running past the finish line</p> <p>Year 3 to 6 Correct start Improving our sprinting technique Different distances</p> <p>JUMPING</p> <p>Year 1 and 2 Standing Long Jump Speed Jumping (forwards and backwards) Star Jumps</p> <p>Year 3 and 4 Standing Triple Jump</p>	<p>The following skills should be covered;</p> <ul style="list-style-type: none"> • How to increase speed while keeping in a balanced position • How to sprint as part of a relay • How to use a effective start position • How to throw in a range of different ways; underarm/overarm • How to throw accurately at a target • To throw from a standing position • How to run and jump in a straight line • How to use techniques in long/triple and hurdle jumps 	<p>Year 1 to 2</p> <p>All</p> <p>Can run at different speeds</p> <p>Can jump from a standing position</p> <p>Can throw an object with one hand</p> <p>carry out practices to improve their work and understand why they are useful</p> <p>follow warm ups</p> <p>Most</p> <p>Can run at different speeds and change direction</p>	<p>Year 3 to 6</p> <p>All</p> <p>Can start a race using the correct position</p> <p>Can begin to use pacing to complete races</p> <p>Can take jump from a running start position</p> <p>Can throw a range of objects with accuracy and increasing distance</p> <p>Can describe the changes in body during exercise</p> <p>Most</p> <p>Can demonstrate how to</p>

<ul style="list-style-type: none"> • Be able to understand and take part in events such as Sports Hall Athletics (All), Quad Kids (Key Stage 2) and Cross Country (Key Stage 2) • Develop the skills of the pupils to a point where at the end of the block of work everyone can compete in a basic athletic event (All years) • Develop an understanding of the health benefit of taking part in physical activity 	<p>Running High Jump Speed Bounce</p> <p>Year 5 and 6 Jumping Circuits Skipping Standing Long Jump Standing Triple Jump Running High Jump Speed Bounce</p> <p>THROWING Throwing at targets accurately and increasing distances using a range of different objects Underarm throw (KEY STAGE 1) beans bags into hoops</p> <p>Seated throw and soft Javelin (YEAR 3/4)</p> <p>Mini Vortex Howler and Over arm tennis ball throw (YEAR 5/6)</p> <p>OTHER AREAS TO COVER Relays – Traditional and Sports Hall Long Distance Running</p>	<p>The following concepts should be covered;</p> <ul style="list-style-type: none"> • How to jump from a standing position • The role our whole bodies perform in running events (arms, legs and head) • How to perform in different events and the difference between the techniques • How to work as a team in a relay and start to understand a baton changeover • How to pace long distance and why we don't just run with speed in every event • How to perform combinations of running, jumping and throwing movements and why this is important • How to perform consistently in field events understanding how to score the maximum range of points available 	<p>Can jump and land on 2 feet from a standing start</p> <p>Describe what they and others do that is successful</p> <p>Recognise some changes in the body during exercise</p> <p>Some</p> <p>Can start a race using the correct position</p> <p>Can complete a short and long distance run</p> <p>Can jumping using a good technique from a standing position</p> <p>Can recognise the changes to the body when exercising</p>	<p>pace themselves running over various distances short (SPRINT), medium (LONG DISTANCE TRACK) long (CROSS COUNTRY)</p> <p>Can consistently use an accurate throwing technique and use a run up to jump</p> <p>Can identify and explain good athletic performances</p> <p>Some</p> <p>Can demonstrate a high level of competence when running</p> <p>Can take off and jump consistently with technique</p> <p>Can sustain running techniques at different speeds</p> <p>Can demonstrate a high level of accuracy when jumping</p>
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