

Topic: PE	Year group	Term
Athletics	Year 6	Autumn 1 6 sessions

Background knowledge

FUNS sessions should follow the Create Development "FUNS" programme. Resources (cards) are available in packs in the PE cupboard. Children in school are assessed every two years, and these assessments should inform lessons. Children should work through the levels in order to progress. Elements of FUNS should be incorporated into athletics sessions e.g. as a skill practise, warm up or game. Videos of skills are in Physical Education > FUNS.

Athletics includes running, jumping and throwing. Children should have mastered these fundamental skills in Key Stage One through games and challenges.

The Quadkids format and rules should be used in Key Stage 2 athletics units. Year 5/6 events are **600m run, 75m sprint, standing long jump, howler throw**. Children should be able to try again and encouraged to beat their personal best. At the end of the unit a competition should be held and results should be recorded on the Quadkids results sheet. This should be given to PE Coordinators to be entered into the citywide virtual competition. Although each lesson will have a focus, children should practise skills they have already covered either as a warm up or a recap.

600m jog/75m sprint:

- The running track is 400m.
- 75m can be marked with a trundle wheel.

Standing long jump:

- The athlete takes off from a designated start point.
- This is a two-footed jump from a standing position.
- The jump is measured from the point of contact closest to the designated start point. This is normally the heel of the back foot.

Howler throw:

- The vortex howler should be thrown overarm in a ball throw/javelin action.
- The athlete throws from behind a marked throwing line.
- The throw can be taken from a standing position or with a run-up.

What should I already know?

Running

I can choose and sustain an appropriate running pace according to the distance

I can pass a baton quickly and effectively in a relay race

I can combine running and jumping

Throwing

I use an appropriate technique for sling throws

I use an appropriate technique for push throws

I use an appropriate technique for pull throws

I aim accurately at a target

Jumping

I can jump with control, co-ordination and balance

I can perform an effective run up

I can put together a combination of jumps

I can increase the distance that I jump

Outdoor and Adventurous

I can follow a map in an unknown location

I can use clues and a compass to navigate a route

I can change a route to overcome a problem

I can use new information to change my route

National Curriculum Objectives / Key Skills	The Journey
I can use running, jumping, throwing and catching in isolation and in combination. I can develop flexibility, strength, control and balance I can compare my performance with previous ones and demonstrate improvement to achieve my personal best. <u>Running</u> • I can choose and sustain an appropriate running pace according to the distance • I can demonstrate stamina when running	1. FUNS 10 – Floor movement patterns. To develop floor movement patterns. 2. FUNS 6 – Dynamic balance to agility. To develop dynamic balance. 3. I can quickly and effectively pass a baton and take part in a relay race. 4. I can put together a combination of jumps and perform an effective run up. 5. I can use push, pull and sling throws to reach a target. I can increase the distance I can throw. 6. To apply my skills in a Quadkids tournament. Record and keep results

• I can pass a baton quickly and effectively in a relay race • <u>I can combine running and jumping</u> <u>Throwing</u> • I can perform an effective sling throw • I can perform an effective push throw • I can perform an effective pull throws • <u>I can reach a target using all three throws</u> <u>Jumping</u> • I can jump with control, co-ordination and balance • I can select appropriate jumps to help me travel further • <u>I can perform an effective run up</u> • <u>I can increase the distance that I jump</u>	to enter competition in the summer term.
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Outcomes

Below expected:

- I can complete some blue level challenges.
- I demonstrate a good running technique
- I can pass a baton in a relay
- I can choose and sustain an appropriate running pace
- I use an appropriate technique for sling, push and pull throws
- I aim accurately at a target
- I can reach a target using all three throws
- I can perform a range of basic jumps in isolation
- I can use a suitable run up
- I show consistency in my jumping

Expected:

- I can complete most blue level challenges.
- I run with increasing control and co-ordination over long and short distances
- I can increase the distance that I throw
- I can put together a combination of jumps
- I can select appropriate jumps to help me travel further
- I choose to use a run up
- I bend my knees when jumping
- I use my arms to propel myself forward
- I can increase the distance that I jump

Above expected:

- I can complete all blue level challenges.
- I use a sound technique for long and short running events

- I perform with control, accuracy and power
- I use a sound technique for throwing events
- I perform with control, accuracy and power
- I use a sound technique for jumping events
- I perform with control, accuracy and power
- I use my arms to propel myself forward

Key Vocabulary DONE

Run - moving faster than a walk, never having

both feet on the floor at the same time

Speed - how fast or slow something moves

Sprint - to run as fast as you can

Steady pace - to run at a slower pace which you can keep up over a longer distance

Direction - the way something moves

Throw - make something travel through the air using your arm and hand

Underarm throw - use a back to front swing motion to throw an object, releasing the object at hip height

Overarm throw - a throw where the hand passes over the shoulder before releasing the ball

Target - a place to aim

Jump - to have both feet off the floor

Timeline / Diagrams



Competition format can be found in physical education > competitions.

Key people / places

Olympics

Commonwealth Games

Mo Farah

Jessica Ennis-Hill

Dina Asher-Smith

Katarina Johnson-Thompson

Assessment questions / outcomes

Why do we need to adapt our speed according to the distance?
How can you make your handover more effective in a relay race?
How could we work better as a team?
Can you perform a push/pull/sling throw?
Can you aim accurately at the target?
Which throw would work best for distance?
Can you throw further?
Can you use a run up?
How could you make yourself jump further? Higher?
Can you beat your personal best?