

P.E.

Year 5 – Athletics



About this Unit

All events within athletics are forms of running, walking, jumping or throwing.

You will learn the following athletic activities: long distance running, sprinting, triple jump, discus and shot put

Knowledge & Skills

Knowledge:

Taking big consistent strides will help you to create a rhythm that allows you to run faster. Keeping a steady breath will help you

Drive your knees high and fast to build power so that you can jump further.

Transfer your weight to increase the distance. The transfer of weight will be different depending on the throw. Think back body to front body.

Skills:

I can choose the best pace for a running event

I can perform a range of jumps showing some technique.

I can show control at take-off and landing in jumping activities.

I show accuracy and power when throwing for distance.

Golden Threads

Motor competence – Manipulate objects

- pace
- sprint
- relay changeovers
- jump for distance
- push throw
- pull throw

Healthy participation

How will this unit help your body?

agility, balance, co-ordination, speed, stamina, strength

Rules, strategies and & tactics

Jumping events

Performers must take off before the line. Jumps are measured from the take-off line to the body part closest to the take-off line that touches the ground.

Throwing events

Throws must be taken from behind a throw line. Throws are measured from the throw line to where the object first lands

YEAR 3	YEAR 4	YEAR 5	YEAR 6
I am developing jumping for distance.	I can demonstrate the difference in sprinting and jogging techniques.	I can choose the best pace for a running event	I can perform jumps for distance using good technique.
I can take part in a relay activity, remembering when to run and what to do.	I can jump for distance with balance and control.	I can perform a range of jumps showing some technique.	I can select and apply the best pace for a running event.
I can throw a variety of objects, changing my action for accuracy and distance.	I can throw with some accuracy and power to a target area.	I can show control at take-off and landing in jumping activities.	I can show accuracy and good technique when throwing for distance.
I can use different take off and landings when jumping.	I show determination to improve my personal best.	I show accuracy and power when throwing for distance.	I use different strategies to persevere to achieve my personal best.

Key vocabulary

Changeover: what happens when the relay baton is passed from one runner to another.

Drive: a forceful and controlled movement to help move you forward

Force: create power.

Javelin: a spear like object used in a throwing event.

Shot put: a heavy round object used in a throwing event