

P.E.

Year 6 – 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:

Running: The main muscle groups used in running include arms (triceps, biceps), shoulders (deltoid), and legs (hamstrings, calves and quadriceps).

Throwing: The main muscles used in throwing include arms (triceps, biceps), shoulders (deltoid), and legs when transferring weight (hamstrings and quadriceps).

Jumping: A run up builds speed and power and will enable you to jump further.

Skills:

I can perform jumps for distance using good technique.

I can select and apply the best pace for a running event.

I can show accuracy and good technique when throwing for distance.

Golden Threads

Motor competence – Manipulate objects

- pace
- sprint
- jump for distance
- push throw
- fling 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

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

Explosive: produce force in a short space of time

Fling: technique used to throw a discus

Pace: how fast you are running

Power: speed and strength combined

Stance: the body position taken