

Caroline Haslett Primary School – PE

Topic: Athletics

Year 4

<p><b>Knowledge</b></p> <ul style="list-style-type: none"> <li>• Know that an athlete's stride pattern will differ depending on the distance they are running.</li> <li>• Pace changes depending on the distance covered by the athlete.</li> <li>• When running long distances athletes must pace themselves</li> <li>• Understand and know the difference between jogging, running and sprinting.</li> <li>• Know the correct elements of a triple jump.</li> <li>• Know different throwing and running techniques.</li> </ul>	<p><b>Vocabulary</b></p> <p><b>Distance</b> The length of a space between two points.</p> <p><b>Speed</b> The ability to move all parts of the body as quickly as possible.</p> <p><b>Stride pattern</b> The distance covered when an athlete takes a step.</p> <p><b>Tactics</b> Are a carefully planned set of actions that are used by a team or individual to attain a certain goal.</p> <p><b>Pace</b> The amount of time it takes an athlete to cover a specific distance.</p> <p><b>Power</b> The intensity and speed that an object is thrown towards or how an athlete uses their body to increase the distance they jump.</p>
<p><b>Activities</b></p> <p>Beating PB's Sprinting competitions Through the gears Rolling races Pacing vs Sprinting</p>	
<p><b>Skills</b></p> <ul style="list-style-type: none"> <li>• To throw with accuracy and power towards a target.</li> <li>• To run at different speeds varying pace and techniques when jogging, running and sprinting.</li> <li>• Jump for distance and height.</li> <li>• Apply the correct technique when sprinting.</li> <li>• Use different techniques for triple jump and javelin.</li> <li>• Use the correct techniques for sprinting and longer distances.</li> <li>• Communicate effectively with others, encouraging them and collaborating effectively.</li> <li>• Show resilience and self-motivation.</li> </ul>	

### Whole School Progression

<b>Year One</b>	<b>Year Two</b>	<b>Year Three</b>	<b>Year Four</b>	<b>Year Five</b>	<b>Year Six</b>
Run and stop with some control	Run at different speeds	Change speed and direction, link running and jumping and throw accurately	Throw with accuracy and power towards a target	Increase running and jogging distance with correct techniques	Sustain and maintain running speed, throwing distance and jumping distance
Start to show balance and coordination when changing direction	Jump with accuracy	Choose when to run and when to jump	Understand and show the difference between sprinting, running and jogging	Talk through the differences in techniques between short, middle and long distance,	Choose pace for running and continue that throughout event
Jump, leap and hop with some control	Use different techniques when throwing	Select which throwing technique is used for accuracy and distance	Can jump for distance and height	throwing for distance and jumping for height and distance.	
Use underarm and overarm throws towards a target					