

**Caroline Haslett Primary School - PE**

Topic: Athletics

Year 5

<p><b>Knowledge</b></p> <ul style="list-style-type: none"> <li>• Speed is vital to success when sprinting or throwing an object.</li> <li>• Know and use different tactics to attain a certain goal.</li> <li>• Know different techniques when running at different speeds.</li> <li>• How pace and stride vary depending on the distance of a throw, jump or run.</li> <li>• Triple jump is a hop skip and then a jump.</li> <li>• To know why different techniques when running, jumping and throwing are important.</li> </ul>	<p><b>Vocabulary</b></p> <p><b>Change Over</b> Where two athletes from the same team pass a baton between one another while running as fast as possible.</p> <p><b>Distance</b> The length of a space between two points.</p> <p><b>Evaluation</b> When an athlete reviews their own or others performance, making judgments on strengths and weaknesses.</p> <p><b>Lap</b> One full completed circuit of a track in a running race.</p> <p><b>Personal Best</b> An individual's pr team's best performance in a given event.</p> <p><b>Speed</b> The ability to move all parts of the body as quickly as possible.</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>Activities</b></p> <p>Sprinting competitions Short sprints Beating PB's Relay races Change over tactics Hurdle competition</p>	<p><b>Skills</b></p> <ul style="list-style-type: none"> <li>• Increase running and jogging distances, using the correct techniques</li> <li>• Talk through the differences in techniques between short, middle and long distance, jumps, throws and runs.</li> <li>• Apply the correct technique for sprinting individually and within a team.</li> <li>• Apply the correct technique when hurdling and throwing the shotput.</li> <li>• Evaluate the performance of themselves and their peers, identifying strengths and weaknesses.</li> <li>• Improve performance, modifying techniques, based on feedback from</li> </ul>

others.

- Pass or receive the baton without dropping or throwing it.
- Communicate effectively when passing or receiving the baton.

### Whole School Progression

Year One	Year Two	Year Three	Year Four	Year Five	Year Six
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					