

Caroline Haslett Primary School – PE

Topic: Athletics

Year 6

<p>Knowledge</p> <ul style="list-style-type: none"> • Speed is vital to success when sprinting or throwing an object. • Understand how to apply the correct techniques in each event and know why the correct technique is important. • Know how to encourage and support others, using appropriate vocabulary. • Know the relevant skills required for individual events, participating in competitions. 	<p>Vocabulary</p> <p>Distance The length of a space between two points.</p> <p>Evaluation When an athlete reviews their own or others performance, making judgments on strengths and weaknesses.</p> <p>Events The different track and field activities in athletics.</p> <p>False Start When an athlete begins a running race before they are permitted to start.</p> <p>Speed The ability to move all parts of the body as quickly as possible.</p>
<p>Activities</p> <p>Sprinting races Relay races Continuous relay Middle and long distance races Javelin competition Triple jump competition</p>	<p>Tactics Are a carefully planned set of actions that are used by a team or individual to attain a certain goal.</p> <p>Team Work The combined effort of a group to achieve a goal or complete a task in the most effective and efficient way.</p>
<p>Skills</p> <ul style="list-style-type: none"> • Sustain and maintain running speed, throwing distance and jumping distance. • Choose pace for running and continue that throughout an event. • To evaluate own and others performance, identifying strengths and weaknesses. • Apply a refined understanding of running for speed, pacing, throwing and jumping for distance. • Communicate and feedback to peers effectively giving developmental feedback and showing respect. • To start running when permitted to do so, no false starts. • Work in a team effectively to complete a task, through combined 	

effort.

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					