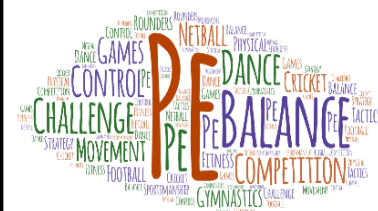


Year 6 P.E.

Summer 1 and 2 - Athletics



Overview

In this topic, children will develop key skills of throwing, running and jumping while participating in many athletic type activities. Children will improve their skills of throwing through soft javelin, while improving agility and the ability to jump to one foot or two feet in the long jump and triple jump. Children will participate in short-distanced and long-distanced running events, developing their understanding throughout of the tactics needed to perform well for each type of event or activity. The children will have a chance to compete against others and improve their own results through athletics type activities towards the end of the unit.

Key knowledge - P.E

- I can perform running techniques for long and short distance running events.
- I apply techniques for running fast and running for distance.
- I can perform a range of throws such as push, pull and sling throws using Vortex howlers, soft javelins, soft discus and soft shot putts.
- I can take off and land using a number of jumps for distance including triple jump, standing long jump and long jump.
- I can take part in competitive athletics events, showing fairness and honesty when recording measurements and timings.

Field: Jumping and Throwing

Howler Throw: **Overarm throw** trying to launch the howler as far as possible. A **straight or bent arm** technique can be used

Long Jump: Using a **run up for momentum**, taking off on **one foot** and landing on two. This is usually done into a sand pit. How far can you jump?



Key Vocabulary

Word	Definition
Javelin	A long pole thrown overarm.
Relay	Working as a team doing parts of the race each transferring a baton.
Stamina	Long-term energy and strength.
Hurdles	Obstacles in a race that you have to jump over.
Triple jump	Jumping event where you do three moves with momentum - hop, skip, jump.
Long jump	Jumping to two feet for distance, either from a stand still or with a run up.
Momentum	Carried motion pushing you forwards.
Sprint	An explosive, fast run or movement.
Endurance	How long you can last for - in race terms not a quick race, a long distance race.
Discus	Round, flat disk used to throw for distance.

Character skills developed in this unit:

- **Self-motivation** - Set yourself goals with running, throwing and jumping activities and work hard to improve distances and times.
- **Determination**- To show will power and perseverance when performing in activities I find challenging and to not give up but keep trying to improve.
- **Honesty and fairness**- when measuring and officiating.