

Year 6 - Athletics

What it looked like last year...

- Further develop good sprinting technique.
- Explore tactics when running for distance.
- Effectively use the correct throwing and jumping techniques for various events.

Vocabulary (Definitions)

Run
 Jump
 Throw
 Sprint
 Pace
 Distance
 Relay
 Track
Changeover (giving the baton to another team member)



Long Jump
 Triple Jump
 Accuracy
 Javelin
 Shot Put
 Discus



What it looks like next year...

- Develop technique and improve performance in competitive sports
- Analyse own performances compared to previous ones and demonstrate improvement to achieve a personal best.

Sequence of Learning

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| <ol style="list-style-type: none"> 1. Explore running for speed (I can effectively sprint, using the correct technique). 2. Develop running for speed (I can further develop my technique for sprinting). 3. Introduce relay: Running for speed in a team (I can run with speed effectively as part of a team). 4. Develop relay: Running for speed in a team (I can changeover the baton smoothly and efficiently). 5. Explore running for distance (I can adjust my pace using tactics). 6. Understand and apply tactics when running for distance (I can apply tactics when running for distance in a team). | <ol style="list-style-type: none"> 1. Throwing: Accuracy vs distance (I can effectively throw for accuracy and distance, selecting an appropriate technique). 2. Throwing for distance: Javelin (I can effectively use the correct technique for the javelin). 3. Throwing for distance: Shot put (I can effectively use the correct technique for the shot put). 4. Throwing for distance: Discus (I can effectively use the correct technique for the discus). 5. Jumping for distance: Standing Long Jump (I can effectively complete a long jump). 6. Jumping for distance: Standing Triple Jump (I can effectively complete a triple jump). |
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Cultural Capital

- To be able to apply the correct sprinting technique effectively when running individually and in a relay team and maintain a pace throughout a distance race, to be able to effectively apply the correct technique for the various throwing events, and to be able to use an effective technique in long jump and triple jump.
- The real life knowledge that links is; body control, body awareness, hand-eye coordination, teamwork, tactical thinking.
- The jobs it can be used in are; professional athlete, fitness instructor, sports coach, sports official, sports scientist.