

# Year 4 - Athletics

## What it looked like last year...

- Explore running for speed.
- Introduce running for speed as part of a team.
- Explore various throwing and jumping styles.

## What it looks like next year...

- Further develop 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**



## Sequence of Learning

- |  |  |
|--|--|
| <ol style="list-style-type: none"> <li>1. <b>Explore running for speed</b> (I can use the correct sprinting technique).</li> <li>2. <b>Develop running for speed</b> (I can develop my technique for sprinting).</li> <li>3. <b>Introduce relay: Running for speed in a team</b> (I can run effectively as part of a team).</li> <li>4. <b>Develop relay: Running for speed in a team</b> (I can changeover the baton effectively).</li> <li>5. <b>Explore running for distance</b> (I can find my own pace).</li> <li>6. <b>Understand and apply tactics when running for distance</b> (I can pace myself whilst running in a team).</li> </ol> | <ol style="list-style-type: none"> <li>1. <b>Throwing: Accuracy vs distance</b> (I can understand the difference between accuracy and distance throwing).</li> <li>2. <b>Throwing for distance: Javelin</b> (I can throw the javelin correctly).</li> <li>3. <b>Throwing for distance: Shot put</b> (I can throw the shot put correctly).</li> <li>4. <b>Throwing for distance: Discus</b> (I can throw the discus correctly).</li> <li>5. <b>Jumping for distance: Standing Long Jump</b> (I can use the correct technique for long jump).</li> <li>6. <b>Jumping for distance: Standing Triple Jump</b> (I can use a combination of movements to jump as far as I can).</li> </ol> |
|--|--|

## Cultural Capital

- To be able to develop my sprinting technique and run at my own pace for a distance, to be able to throw for accuracy and distance, and to be able to use the correct technique when jumping.
- 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.