

Year 5 - Athletics

What it looked like last year...

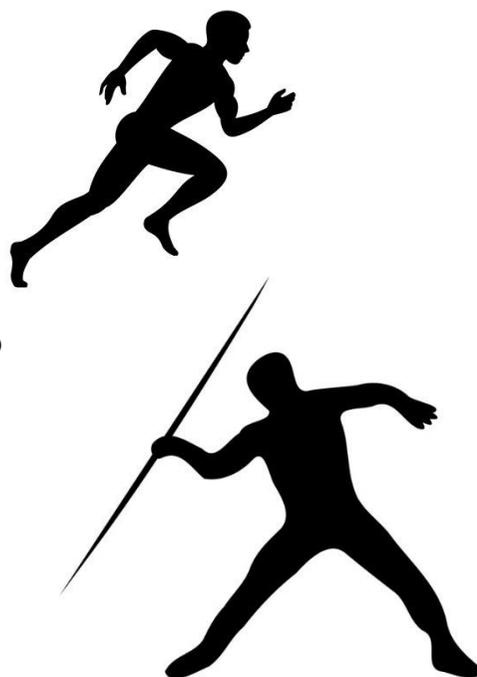
- Further develop running for speed by using the correct technique.
- Apply the correct techniques to the various throws.
- Explore technique for jumping.

What it looks like next year...

- To effectively run at speed both individually and in a team, using the correct sprinting technique.
- To effectively use the correct techniques when throwing for distance and jumping for distance.

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"> 1. Explore running for speed (I can effectively use the correct sprinting 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 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 find my own pace and keep it). 6. Understand and apply tactics when running for distance (I can effectively pace myself whilst running in a team). | <ol style="list-style-type: none"> 1. Throwing: Accuracy vs distance (I can apply the correct technique to the situation). 2. Throwing for distance: Javelin (I can use the correct technique for the javelin). 3. Throwing for distance: Shot put (I can use the correct technique for the shot put). 4. Throwing for distance: Discus (I can use the correct technique for the discus). 5. Jumping for distance: Standing Long Jump (I can further develop my long jump technique). 6. Jumping for distance: Standing Triple Jump (I can further develop my triple jump technique). |
|---|---|

Cultural Capital

- To be able to sprint effectively and apply tactics when running for distance, to be able to use the correct techniques for each throwing event, and to be able to apply the correct technique to the 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.