

National Statutory Requirements

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Series of Lessons

- Practice and reinforce sprinting techniques.
- Practise and reinforce endurance and long distance running techniques.
- Develop standing triple jump technique.
- Practise and reinforce throwing techniques (javelin/shotput/discus)
- Develop relay technique.
- Beat Personal Best.

PE



Athletics

Year 5

Unit Outcome

To practise and develop sprint, long distance and throwing techniques, including discuss and relay.

To beat their *Personal Best*.

Curriculum Progression

The children will be taught to:

- Sustain their pace over a longer distance.
- Throw with greater control, accuracy and efficiency.
- Perform a range of jumps showing power and control (standing triple jump).
- Practise and reinforce throwing techniques for javelin, shotput and discus to improve accuracy and distance.
- Be introduced to running relay techniques when passing the baton.

All children will be given the opportunity to self and peer evaluate performances, developing their key vocabulary whilst doing so.

Vocabulary

Balance	Endurance
Transfer	Pace
Sprint	Distance
Aerodynamics	Drastically
Pump	Hop/skip/jump
Signaler	Landing
Runner	Dominant
Full speed	Force
Rotation	90' angle
Lateral	45' angle
Tip	Receiver
Baton	Hand over

Resources

Shot puts
Tape measure
Relay batons
Cones
Running track
Javelins
Discus
Stop watches