



PE Athletics

I can practise and refine fundamental movement skills needed for athletics.




If I use underarm throw we get more accuracy as I have more control

We worked on our reaction times in running,



I can work as a team to competitively perform a sprint relay

An effective baton changeover is when the person getting the baton starts running whilst holding their hand behind them to take it.



You need to hold your hand ready to receive the baton

I can control my running pace over a range of distances



I know I have to conserve my energy and have stamina to keep going.

When running long distances we need to start off at a steady pace and go for a sprint in the last 30 seconds

I can refine my hurdling skills



I realised my leading leg was not the one I thought it would be, I felt stronger leading with my left leg!

You have to react quicker to go over the hurdles and use speed in between them

I can practise and refine jumping techniques

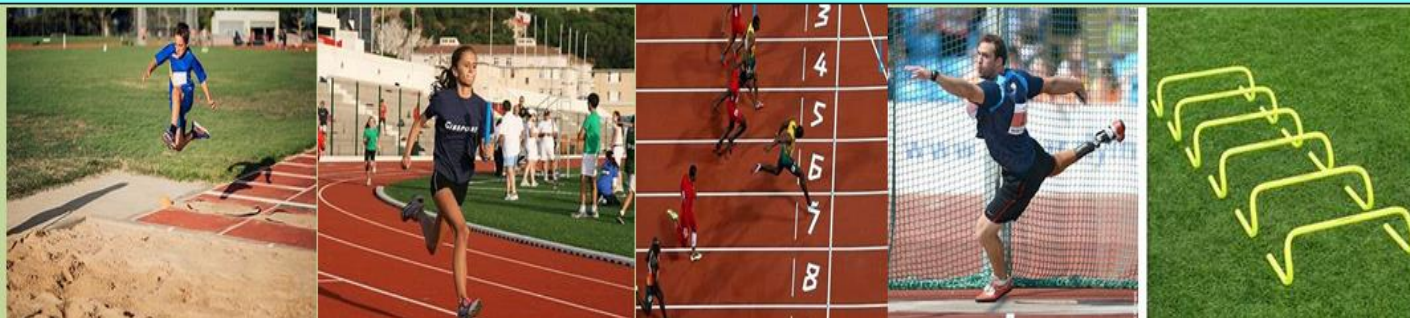


We try to improve the distance we jumped, we used our arms to lift us higher

PE

FLE Y5/6

Athletics



Forever Facts

To know how to pass and receive a baton using a downsweep in a relay race.

Racing does including pacing yourself in long distance and sprinting at the end.

Some people use a preferred leg to lead with over obstacles.

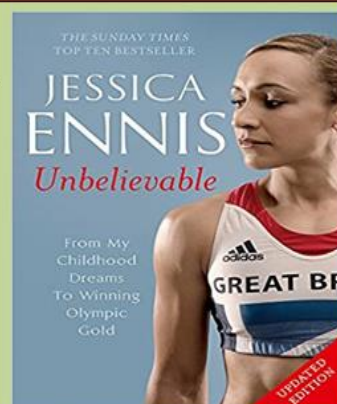
Skills

Demonstrate elements of effective sprinting techniques.

Demonstrate coordinate and fluency when hurdling.

Demonstrate some elements of different jumping techniques.

Exciting Books



Our Endpoint

To do their best running, jumping and throwing skills.

Subject Specific Vocabulary

Technique	A way of carrying out a particular task
Stamina	The ability to sustain prolonged physical or mental effort
Flexibility	The quality of bending easily without breaking.
Strength	The quality or state of being physically strong
Endurance	Denoting or relating to a race or other sporting event that takes place over a long distance or otherwise demands great physical stamina.

SMSC : Spiritual – reflecting and critiquing own and others performance. Cultural: Olympic games. Moral: Promoting fair play and good sportsmanship. Listening to the teacher and others. Social – allowing children to respect social difference and similarities, promote team work supporting each other.