



Kirkoswald
C of E Primary School

Primary PE – Curriculum Plan

Athletics 2024 -25

Progression in Knowledge, Skills and Understanding: Athletics

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> ✓ Rolling ✓ Walking ✓ Skipping ✓ Crawling ✓ Jumping ✓ Hopping ✓ Climbing 	<ul style="list-style-type: none"> ✓ Running- being able to change speed depending on the distance ✓ Running- changing speed and direction ✓ Jump- Long jump ✓ Throw- overarm underarm 	<ul style="list-style-type: none"> ✓ Running- being able to change speed depending on the distance ✓ Running- changing speed and direction ✓ Jump- Standing Long jump ✓ Throw- overarm for distance- 2 different objects 	<ul style="list-style-type: none"> ✓ Varying speed of running: ✓ Sprinting for short distance and keeping a good pace to be able to sustain running over longer distances. ✓ Throw an object for distance, showing an ability to create power- 3 different objects. ✓ Jump for distance and height, using leg muscles to create power ✓ Reflect on own performance and suggest some basic improvements 	<ul style="list-style-type: none"> ✓ Sprinting: know the basic, correct technique ✓ A basic understanding of pacing during longer duration or distance events ✓ Standing long jump, understanding how to use different body parts to create power. ✓ Basic Shot putt/Cricket ball/foam javelin throw, with an understanding of how to create power. ✓ 	<ul style="list-style-type: none"> ✓ Sprinting: being able to break down the technique into different body parts. ✓ An understanding of pacing using and knowing when to increase and decrease pace during a longer distance or duration. ✓ Long jump, including run up, take off and landing. ✓ Shot put/Cricket ball/ Quoit/Foam javelin throw with an understanding of the different techniques used in each. ✓ Basic understanding and application of hurdles technique ✓ Basic understanding of jumping for height 	<ul style="list-style-type: none"> ✓ Sprinting: being able to break down sprinting into start/acceleration/maintaining speed and finish. ✓ A good understanding and application of pacing, developing an understanding of basic race tactics to include when to speed up and slow down. ✓ Long jump, knowledge of how to use different body parts in the run up, take off and landing. ✓ Shot put/Cricket ball/ Quoit/Foam javelin throw with an understanding of the different techniques used in each. Being able to recognise strengths and areas of how to improve technique in a partner. ✓ Basic understanding and application of hurdles technique to a competitive situation. ✓ Basic understanding of jumping for height

		Y1 Athletics						
	Prior Knowledge	Learn Question/ Key Questions	National Curriculum Reference	Substantive Knowledge	Disciplinary Concepts	Vocabulary	PAT Assessment strands	Task / Adaptations /Tweaks/Challenges
Week One			Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	<p>To learn about and be able to change the speed that we can run</p> <p>To learn the basic technique for sprinting</p>			<p>Change direction, speed, strength & flow of movements</p> <p>Run straight & on a curve & sidestep with correct technique</p>	<p>Intro: Athletics Knowledge check: What events are in athletics? (run, jumps, throws) Lesson focus: Run- Sprinting</p> <p>Warm up- Traffic Lights Red: stop; Amber: Jog; Green = Sprint; Blue = high knees, Yellow = Fast arms</p> <p>Stretch – Static (Teacher led)</p> <p>Skill – Sprint Technique Drip feed technique -sprint as fast/far as can in 3 secs, cone down *Take your marks, get set, go *Accelerate off line *Arm action *Leg action *Head looking forwards.</p> <p>Skill – Sprint Races *1's race , *2's race Repeat– sprint past the finish line.</p> <p>Skill – Relay Races Passing a baton between team. 1's start - run to 2's; 2's run to end Repeat 2's start with baton</p> <p>Plenary: Q & A – linked to LO</p> <p>Extension – Stuck in Mud, rotate after 1 min</p>

Week Two			<p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p>To learn about how to change my running speed to reflect the time or distance I am running</p> <p>To learn how to set small targets and work towards achieving them</p>			<p>Change direction, speed, strength & flow of movements</p> <p>Run straight & on a curve & sidestep with correct technique</p> <p>Begin to set realistic goals towards achievement</p>	<p>Recap: Athletics Knowledge check: What events are in athletics? (run, jumps, throws) Lesson focus: Run- Overarm throw</p> <p>Warm up- Cat and Mouse Cat chases mouse and tries to get bib. Cat then is Mouse. Repeat.</p> <p>Stretch – Static (Teacher led)</p> <p>Skill – Overarm Throw - BBag Drip feed technique -throw as far as can, put cone down *Face forwards. Feet apart. Elbow bent, elbow straight. *Transfer weight – back to front *Step forwards *Other hand up as guide (45 deg)</p> <p>Skill – Overarm Throw - Javelin 3 Row of cones – different colours. To aim for. Competition. Where javelin lands = no. of pts - 1,2,3 3 throws each. Add up points.</p> <p>Plenary: Q & A – linked to LO</p> <p>Extension if need – stuck in mud, rotate after 1 min.</p>
Week Three			<p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply</p>	<p>To learn how to throw a ball over and underarm successfully</p> <p>To learn how to increase the distance of the object we are throwing (ball/foam javelin/quoits)</p>			<p>Throw a small ball accurately underarm, facing forward</p> <p>Begin to set realistic goals towards achievement</p>	<p>Recap: Athletics Knowledge check: What events are in athletics? (run, jumps, throws) Lesson focus: Jumps</p> <p>Warm up- Gears game 1 = hop 2 = jump, 3 = hopscotch, 4 = skip, 5 = run</p> <p>Stretch – Static (Teacher led)</p>

			these in a range of activities					<p><u>Skill Development – Jump</u> Drip feed technique -Jump as far as can, put cone down *Face forwards. 2 feet to 2 feet *1 foot to 2 feet *Bend legs *Swing arms *Look forward *Speed – run and jump from line.</p> <p><u>Skill Competition – Jumping</u> 3 Row of cones – different colours. To aim for. Competition. Where feet land = no. of pts - 1,2,3 3 jumps each. Add up points.</p> <p><u>Plenary:</u> Q & A – linked to LO</p> <p><u>Extension if need</u> – Sharks Max 3 in a hoop.</p>
Week Four			Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	<p>To learn the correct technique for jumping forwards</p> <p>To develop the ability to jump further, setting and achieving mini targets</p>			<p>Change direction, speed, strength & flow of movements</p> <p>Begin to set realistic goals towards achievement</p>	<p><u>Recap: Athletics</u> Knowledge check: What events are in athletics? (run, jump, throw) Lesson focus: Other Races</p> <p><u>Warm up-</u> Stuck in the Mud Change taggers after 1 minute.</p> <p><u>Stretch – Static (Teacher led)</u></p> <p><u>Skills/Races – Sprint</u> Groups of 4. Race round cone and back – continuous. Sat down, hands on head when all been.</p> <p><u>Skill/Races -Egg and Spoon</u> As above - Bat and beanbag.</p> <p><u>Skill/Races – Sack</u> As above – feet in corners (jump)</p>

								<p><u>Skill/Race – Bean Bag Shuttle</u> 4 bean bags spread out - 1st person collects closest beanbag, 2nd person next closest, keep going till all collected.</p> <p><u>Skill/Race – Obstacle Course</u> Go one at a time. Throw Bean bag into hoop; jump over hurdle; go through hoop; run back with bat and beanbag.</p> <p><u>Plenary:</u> Q & A – linked to LO</p> <p><u>Extension if need</u> – Sharks Max 3 in a hoop.</p>
Week Five			<p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p>To develop our ability to change direction when running at speed</p> <p>To develop the ability to move over obstacles</p>			<p>Change direction, speed, strength & flow of movements</p> <p>Run straight & on a curve & sidestep with correct technique</p> <p>Work with a partner to follow pathways and copy movements</p> <p>Begin to set realistic goals towards achievement</p>	<p><u>Recap: Athletics</u> Knowledge check: What events are in athletics? (run, jump, throw) Lesson focus: Long distance</p> <p><u>Warm up-</u> Gears game 1 = hopping, 2 = 2 footed jumps, 3 = hopscotch, 4 = skip, 5 = sprint.</p> <p><u>Stretch – Static (Teacher led)</u></p> <p><u>Skill- Sprinting</u> (in pairs) Set up cones 10m away - can they sprint there and back in 10secs? KTPs of sprinting</p> <p><u>Skill- Jogging</u> (in Pairs) Set up cones 50m away - can they jog there and back without stopping? KTPs of jogging KTPs –body changes >HR, BR, Temp</p> <p><u>Race- Long Distance (in pairs)</u> Set up cones 50m away – one on each cone.</p>

								<p>1, jog to meet in middle – high 10, job back</p> <p>2. as above – do 2 times</p> <p>3. as above – do 3 times</p> <p>4. as above -do 4 times</p> <p>Plenary: Q & A – linked to LO</p> <p>Extension if need – Recap long jump and javelin.</p>
Week Six			<p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p>To show an ability to perform a range skills in a mini athletics competition</p>			<p>Change direction, speed, strength & flow of movements</p> <p>Throw a small ball accurately underarm, facing forward</p> <p>Run straight & on a curve & sidestep with correct technique</p> <p>Work with a partner to follow pathways and copy movements</p> <p>Begin to set realistic goals towards achievement</p>	<p>Sports Day</p>

			Y2 Athletics					
	Prior Knowledge	Learn Question Key Questions	National Curriculum Reference	Substantive Knowledge	Disciplinary Concepts	Vocabulary	PAT Assessment Strands	Task / Adaptations/Tweaks/Challenges
Week One			Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	<p>To learn about how the speed we run at effects our performance in different athletics events</p> <p>To learn the basic technique for sprinting</p>			<p>Change in speed & direction to stay with or outwit a partner</p> <p>Reflect on actions & say what worked well/not so well</p> <p>Discuss my own & others' work using simple vocabulary</p>	<p>Intro: Athletics Knowledge check: What events are in athletics? (run, jumps, throws) Lesson focus: Run- Sprinting</p> <p>Warm up- Traffic Lights Red: stop; Amber: Jog; Green = Sprint; Blue = high knees, Yellow = Fast arms</p> <p>Stretch – Static (Teacher led)</p> <p>Skill – Sprint Technique Drip feed technique -sprint as fast/far as can in 3 secs, cone down *Take your marks, get set, go *Accelerate off line *Arm action *Leg action *Head looking forwards.</p> <p>Skill – Sprint Races *1's race , *2's race Repeat– sprint past the finish line.</p> <p>Skill – Relay Races Passing a baton between team. 1's start - run to 2's; 2's run to end Repeat 2's start with baton</p>

								Plenary: Q & A – linked to LO
								Extension – Stuck in Mud, rotate after 1 min
Week Two			Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	<p>To learn about how to change my running speed when running for a longer distance or time</p> <p>To set myself a realistic target and show resilience when working towards that target</p>			<p>Change in speed & direction to stay with or outwit a partner</p> <p>Reflect on actions & say what worked well/not so well</p> <p>Say why a target has or has not been met</p>	<p>Recap: Athletics Knowledge check: What events are in athletics? (run, jumps, throws) Lesson focus: Javelin</p> <p>Warm up- Cat and Mouse Cat chases mouse and tries to get bib. Cat then is Mouse. Repeat.</p> <p>Stretch – Static (Teacher led)</p> <p>Skill – Overarm Throw - BBag Drip feed technique -throw as far as can, put cone down *Face forwards. Feet apart. Elbow bent, elbow straight. *Transfer weight – back to front *Step forwards *Other hand up as guide (45 deg)</p> <p>Skill – Overarm Throw - Javelin 3 Row of cones – different colours. To aim for. Competition. Where javelin lands = no. of pts - 1,2,3 3 throws each. Add up points.</p> <p>Plenary: Q & A – linked to LO</p> <p>Extension if need – stuck in mud, rotate after 1 min.</p>
Week Three			Master basic movements including running,	To learn the correct technique for throwing an object for distance			Reflect on actions & say what worked well/not so well	<p>Recap: Athletics Knowledge check: What events are in athletics? (run, jumps, throws)</p>

			jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	To learn how to correctly throw two different objects for distance and be able to identify basic ways to improve my performance			Discuss my own & others' work using simple vocabulary Say why a target has or has not been met	<p>Lesson focus: Jumps</p> <p>Warm up- Gears game 1 = hop 2 = jump, 3 = hopscotch, 4 = skip, 5 = run</p> <p>Stretch – Static (Teacher led)</p> <p>Skill Development – Jump Drip feed technique -Jump as far as can, put cone down *Face forwards. 2 feet to 2 feet *1 foot to 2 feet *Bend legs *Swing arms *Look forward *Speed – run and jump from line.</p> <p>Skill Competition – Jumping 3 Row of cones – different colours. To aim for. Competition. Where feet land = no. of pts - 1,2,3 3 jumps each. Add up points.</p> <p>Plenary: Q & A – linked to LO</p> <p>Extension if need – Sharks Max 3 in a hoop.</p>
Week Four			Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-	<p>To learn the correct technique for increasing the distance of my jump</p> <p>To develop the ability to jump further, and be able to reflect on my own and others performance,</p>			<p>Reflect on actions & say what worked well/not so well</p> <p>Discuss my own & others' work using simple vocabulary</p>	<p>Recap: Athletics Knowledge check: What events are in athletics? (run, jump, throw)</p> <p>Lesson focus: Other Races</p> <p>Warm up- Stuck in the Mud Change taggers after 1 minute.</p> <p>Stretch – Static (Teacher led)</p> <p>Skills/Races – Sprint</p>

			ordination, and begin to apply these in a range of activities	suggesting basic ways to improve			Say why a target has or has not been met	<p>Groups of 4. Race round cone and back – continuous. Sat down, hands on head when all been.</p> <p><u>Skill/Races -Egg and Spoon</u> As above - Bat and beanbag.</p> <p><u>Skill/Races – Sack</u> As above – feet in corners (jump)</p> <p><u>Skill/Race – Bean Bag Shuttle</u> 4 bean bags spread out - 1st person collects closest beanbag, 2nd person next closest, keep going till all collected.</p> <p><u>Skill/Race – Obstacle Course</u> Go one at a time. Throw Bean bag into hoop; jump over hurdle; go through hoop; run back with bat and beanbag.</p> <p><u>Plenary:</u> Q & A – linked to LO</p> <p><u>Extension if need</u> – Sharks Max 3 in a hoop.</p>
Week Five			Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and	<p>To show an ability to link different athletics skills together when performing in an obstacle race</p> <p>To develop an ability to maintain speed when moving over</p>			<p>Change in speed & direction to stay with or outwit a partner</p> <p>Reflect on actions & say what worked well/not so well</p>	<p><u>Recap: Athletics</u> Knowledge check: What events are in athletics? (run, jump, throw) Lesson focus: Long distance</p> <p><u>Warm up-</u> Gears game 1 = hopping, 2 = 2 footed jumps, 3 = hopscotch, 4 = skip, 5 = sprint.</p>

			co-ordination, and begin to apply these in a range of activities	obstacles and in challenging situations			<p>Discuss my own & others' work using simple vocabulary</p> <p>Say why a target has or has not been met</p>	<p><u>Stretch</u> – Static (Teacher led)</p> <p><u>Skill- Sprinting</u> (in pairs) Set up cones 10m away - can they sprint there and back in 10secs? KTPs of sprinting</p> <p><u>Skill– Jogging</u> (in Pairs) Set up cones 50m away - can they jog there and back without stopping? KTPs of jogging KTPs –body changes >HR, BR, Temp</p> <p><u>Race– Long Distance (in pairs)</u> Set up cones 50m away – one on each cone. 1, jog to meet in middle – high 10, job back 2. as above – do 2 times 3. as above – do 3 times 4. as above -do 4 times</p> <p><u>Plenary:</u> Q & A – linked to LO</p> <p><u>Extension if need</u> – Recap long jump and javelin.</p>
Week Six			Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to	<p>To show an ability to perform a range skills in a mini athletics competition</p> <p>To be able to reflect on my own performance, suggesting ways to improve further</p>			<p>Change in speed & direction to stay with or outwit a partner</p> <p>Reflect on actions & say what worked well/not so well</p> <p>Discuss my own & others' work using simple vocabulary</p>	Sports Day

			apply these in a range of activities				Say why a target has or has not been met	
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			Y3 Athletics					
	Prior Knowledge	Learn Question Key Questions	National Curriculum Reference	Substantive Knowledge	Disciplinary Concepts	Vocabulary	PAT Assessment strands	Task / Adaptations/Tweaks/Challenges
Week One			<p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics)</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>To learn the correct technique to run for speed and to be able to perform this both individually and as part of a team</p> <p>To apply our understanding of sprinting to a team relay</p>			<p>Run at fast/medium/slow speeds appropriate for distance covered</p>	<p>Intro: Athletics Knowledge check: What events are in athletics? (run, jumps, throws) Lesson focus: Run- Sprinting</p> <p>Warm up- Traffic Lights Red: stop; Amber: Jog; Green = Sprint; Blue = high knees, Yellow = Fast arms</p> <p>Stretch – Static (Teacher led)</p> <p>Skill – Sprint Technique Drip feed technique -sprint as fast/far as can in 3 secs, cone down *Take your marks, get set, go *Accelerate off line *Arm action *Leg action *Head looking forwards.</p> <p>Skill – Sprint Races *1's race , *2's race Repeat– sprint past the finish line.</p> <p>Skill – Relay Races Passing a baton between team. 1's start - run to 2's; 2's run to end Repeat 2's start with baton</p>

								Plenary: Q & A – linked to LO Extension – Stuck in Mud, rotate after 1 min
Week Two		Use running, jumping, throwing and catching in isolation and in combination . Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics) Compare their performance s with previous ones and demonstrate improvemen t to achieve their personal best.	To learn the correct technique to throw for distance within athletics To start to understand how we measure throwing events to hep us assess our performance				Measure/compar e/record performance & suggest ways to improve	Recap: Athletics Knowledge check: What events are in athletics? (run, jumps, throws) Lesson focus: Run- Javelin Warm up- Cat and Mouse Cat chases mouse and tries to get bib. Cat then is Mouse. Repeat. Stretch – Static (Teacher led) Skill – Overarm Throw - BBag Drip feed technique -throw as far as can, put cone down *Face forwards. Feet apart. Elbow bent, elbow straight. *Transfer weight – back to front *Step forwards *Other hand up as guide (45 deg) Skill – Overarm Throw - Javelin 3 Row of cones – different colours. To aim for. Competition. Where javelin lands = no. of pts - 1,2,3 3 throws each. Add up points. Plenary: Q & A – linked to LO Extension if need – stuck in mud, rotate after 1 min.
Week Three		Use running, jumping, throwing and catching	To learn the correct technique to be able to jump for distance from standing				Jump from standing position, link jump to	Recap: Athletics Knowledge check: What events are in athletics? (run, jumps, throws)

			<p>in isolation and in combination .</p> <p>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics)</p> <p>Compare their performance s with previous ones and demonstrate improvement to achieve their personal best.</p>	To work alongside others to measure and compare performances			<p>running and other travel</p> <p>Measure/compare/record performance & suggest ways to improve</p>	<p>Lesson focus: Jumps</p> <p>Warm up- Gears game 1 = hop 2 = jump, 3 = hopscotch, 4 = skip, 5 = run</p> <p>Stretch – Static (Teacher led)</p> <p>Skill Development – Jump Drip feed technique -Jump as far as can, put cone down *Face forwards. 2 feet to 2 feet *1 foot to 2 feet *Bend legs *Swing arms *Look forward *Speed – run & jump from line.</p> <p>Skill Competition – Jumping 3 Row of cones – different colours. To aim for. Competition. Where feet land = no. of pts - 1,2,3 3 jumps each. Add up points.</p> <p>Plenary: Q & A – linked to LO</p> <p>Extension if need – Sharks Max 3 in a hoop.</p>
Week Four			<p>Use running, jumping, throwing and catching in isolation and in combination .</p> <p>Develop flexibility, strength, technique,</p>	<p>To learn how to change our speed depending on the distance we are running</p> <p>To apply our knowledge of jumping, throwing and running to be successful during obstacle races</p>			<p>Run at fast/medium/slow speeds appropriate for distance covered</p> <p>Jump from standing position, link jump to running and other travel</p>	<p>Recap: Athletics Knowledge check: What events are in athletics? (run, jump, throw)</p> <p>Lesson focus: Other Races</p> <p>Warm up- Stuck in the Mud Change taggers after 1 minute.</p> <p>Stretch – Static (Teacher led)</p> <p>Skills/Races – Sprint</p>

			<p>control and balance [for example, through athletics and gymnastics)</p> <p>Compare their performance s with previous ones and demonstrate improvement to achieve their personal best.</p>				<p>Measure/compare/record performance & suggest ways to improve</p>	<p>Groups of 4. Race round cone and back – continuous. Sat down, hands on head when all been.</p> <p><u>Skill/Races -Egg and Spoon</u> As above - Bat and beanbag.</p> <p><u>Skill/Races – Sack</u> As above – feet in corners (jump)</p> <p><u>Skill/Race – Bean Bag Shuttle</u> 4 bean bags spread out - 1st person collects closest beanbag, 2nd person next closest, keep going till all collected.</p> <p><u>Skill/Race – Obstacle Course</u> Go one at a time. Throw Bean bag into hoop; jump over hurdle; go through hoop; run back with bat and beanbag.</p> <p><u>Plenary:</u> Q & A – linked to LO</p> <p><u>Extension if need</u> – Sharks Max 3 in a hoop</p>
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			Y4 Athletics					
	Prior Knowledge	Learn Question Key Questions	National Curriculum Reference	Substantive Knowledge	Disciplinary Concepts	Vocabulary	PAT Assessment Strands	Task / Adaptations/Tweaks/Challenges
Week One			Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	<p>To learn the correct technique to run for speed and to be able to apply this in competitive and challenging situations</p> <p>To learn how to change running speed to ensure technique is sustained over a longer distance and period of time</p>			<p>Run consistently & smoothly at different speeds</p> <p>Set personal targets/goals to improve my performance</p>	<p>Intro: Athletics Knowledge check: What events are in athletics? (run, jumps, throws) Lesson focus: Run- Sprinting</p> <p>Warm up- Traffic Lights Red: stop; Amber: Jog; Green = Sprint; Blue = high knees, Yellow = Fast arms</p> <p>Stretch – Static (Teacher led)</p> <p>Skill – Sprint Technique Drip feed technique -sprint as fast/far as can in 3 secs, cone down *Take your marks, get set, go *Accelerate off line *Arm action *Leg action *Head looking forwards.</p> <p>Skill – Sprint Races *1's race , *2's race Repeat– sprint past the finish line.</p> <p>Skill – Relay Races Passing a baton between team. 1's start - run to 2's; 2's run to end Repeat 2's start with baton</p> <p>Plenary: Q & A – linked to LO</p> <p>Extension – Stuck in Mud, rotate after 1 min</p>
Week Two			Master basic movements including	To learn the correct technique to increase power			Throw overarm/push/sli	<p>Recap: Athletics Knowledge check: What events are in athletics? (run, jumps, throws)</p>

			running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	when throwing for distance within athletics To learn how to accurately measure throwing events and be able to compare them to past performances			ng ball/implement consistently & accurately Set personal targets/goals to improve my performance	<p>Lesson focus: Run- Sprinting</p> <p>Warm up- Cat and Mouse Cat chases mouse and tries to get bib. Cat then is Mouse. Repeat.</p> <p>Stretch – Static (Teacher led)</p> <p>Skill – Overarm Throw - BBag Drip feed technique -throw as far as can, put cone down *Face forwards. Feet apart. Elbow bent, elbow straight. *Transfer weight – back to front *Step forwards *Other hand up as guide (45 deg)</p> <p>Skill – Overarm Throw - Javelin 3 Row of cones – different colours. To aim for. Competition. Where javelin lands = no. of pts - 1,2,3 3 throws each. Add up points.</p> <p>Plenary: Q & A – linked to LO</p> <p>Extension if need – stuck in mud, rotate after 1 min.</p>
Week Three			Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	To learn and perform the correct technique when jumping for distance and height To set myself targets within athletics and suggest ways I can improve my performance to reach my target			Set personal targets/goals to improve my performance	<p>Recap: Athletics Knowledge check: What events are in athletics? (run, jumps, throws)</p> <p>Lesson focus: Jumps</p> <p>Warm up- Gears game 1 = hop 2 = jump, 3 = hopscotch, 4 = skip, 5 = run</p> <p>Stretch – Static (Teacher led)</p> <p>Skill Development – Jump Drip feed technique -Jump as far as can, put cone down *Face forwards. 2 feet to 2 feet *1 foot to 2 feet</p>

								<p>*Bend legs *Swing arms *Look forward *Speed – run and jump from line.</p> <p><u>Skill Competition – Jumping</u> 3 Row of cones – different colours. To aim for. Competition. Where feet land = no. of pts - 1,2,3 3 jumps each. Add up points.</p> <p><u>Plenary:</u> Q & A – linked to LO</p> <p><u>Extension if need</u> – Sharks Max 3 in a hoop.</p>
Week Four			<p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p>To learn about how to perform a relay change over and work within a team to achieve success</p> <p>To develop the ability to jump over obstacles (hurdles) whilst also maintaining running technique and speed</p>			<p>Run consistently & smoothly at different speeds</p> <p>Set personal targets/goals to improve my performance</p>	<p><u>Recap: Athletics</u> Knowledge check: What events are in athletics? (run, jump, throw) <u>Lesson focus: Other Races</u></p> <p><u>Warm up-</u> Stuck in the Mud Change taggers after 1 minute.</p> <p><u>Stretch</u> – Static (Teacher led)</p> <p><u>Skills/Races – Sprint</u> Groups of 4. Race round cone and back – continuous. Sat down, hands on head when all been.</p> <p><u>Skill/Races -Egg and Spoon</u> As above - Bat and beanbag.</p> <p><u>Skill/Races – Sack</u> As above – feet in corners (jump)</p> <p><u>Skill/Race – Bean Bag Shuttle</u> 4 bean bags spread out - 1st person collects closest beanbag, 2nd person next closest, keep going till all collected.</p>

								<p><u>Skill/Race – Obstacle Course</u> Go one at a time. Throw Bean bag into hoop; jump over hurdle; go through hoop; run back with bat and beanbag.</p> <p><u>Plenary:</u> Q & A – linked to LO</p> <p><u>Extension if need</u> – Sharks Max 3 in a hoop.</p>
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		Y5 Athletics						
	Prior Knowledge	Learning Question / Key Questions	National Curriculum Reference	Substantive Knowledge	Disciplinary Concepts	Vocabulary	PAT Assessment Strands	Task / Adaptations/Tweaks/Challenges
Week One			Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	<p>To learn and be able to perform an effective sprinting technique and be able to apply this to competitive situations</p> <p>To learn how to 'pace' a longer distance running event to ensure running style and performance is sustained</p>			<p>With partner complete a run/jump/throw event & measure outcome</p> <p>Show good running style at different speeds in various events</p>	<p>Intro: Athletics Knowledge check: What events are in athletics? (run, jumps, throws) Lesson focus: Run- Sprinting</p> <p>Warm up- Traffic Lights Red: stop; Amber: Jog; Green = Sprint; Blue = high knees, Yellow = Fast arms</p> <p>Stretch – Static (Teacher led)</p> <p>Skill – Sprint Technique Drip feed technique -sprint as fast/far as can in 3 secs, cone down *Take your marks, get set, go *Accelerate off line *Arm action *Leg action *Head looking forwards.</p> <p>Skill – Sprint Races *1's race , *2's race Repeat– sprint past finish line.</p> <p>Skill – Relay Races For per team – discuss positions and passing a baton in a team. Practice: Short distance – pass baton 1-2-3-4. Walk then run.</p>

								<p>Intro moving before baton arrives. Practice. Race.</p> <p>Plenary: Q & A – linked to LO</p> <p>Extension – Stuck in Mud, rotate after 1 min</p>
Week Two			<p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p>To learn about the correct technique for a relay change over and be able to perform this alongside team mates in a competitive situation</p> <p>To learn the basic technique for hurdling/moving over obstacles and be able to perform this in competitive situation</p>			<p>With partner complete a run/jump/throw event & measure outcome</p> <p>Show good running style at different speeds in various events</p>	<p>Recap: Athletics Knowledge check: What events are in athletics? (run, jumps, throws) Lesson focus: Run- Sprinting</p> <p>Warm up- Cat and Mouse Cat chases mouse and tries to get bib. Cat then is Mouse. Repeat.</p> <p>Stretch – Static (Teacher led)</p> <p>Skill – Overarm Throw - BBag Drip feed technique -throw as far as can, put cone down *Face forwards. Feet apart. Elbow bent, elbow straight. *Transfer weight – back to front *Step forwards *Other hand up as guide (45 deg)</p> <p>Skill – Overarm Throw - Javelin 3 Row of cones – different colours. To aim for. Competition. Where javelin lands = no. of pts - 1,2,3 3 throws each. Add up points.</p> <p>Plenary: Q & A – linked to LO</p> <p>Extension if need – stuck in mud, rotate after 1 min.</p>

Week Three			<p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p>To learn the correct technique to be able to throw for distance and be able to assess the technique of a peer, giving appropriate feedback</p> <p>To learn how to accurately measure throwing events and be able to compare my performance to others, suggesting ways to improve</p>			<p>With partner complete a run/jump/throw event & measure outcome</p> <p>Jump for height and length with power and control at take-off & landing</p>	<p>Recap: Athletics Knowledge check: What events are in athletics? (run, jumps, throws) Lesson focus: Jumps</p> <p>Warm up- Gears game 1 = hop 2 = jump, 3 = hopscotch, 4 = skip, 5 = run</p> <p>Stretch – Static (Teacher led)</p> <p>Skill Development – Jump Drip feed technique -Jump as far as can, put cone down *Face forwards. 2 feet to 2 feet *1 foot to 2 feet *Bend legs *Swing arms *Look forward *Speed – run and jump from line.</p> <p>Skill Competition – Jumping 3 Row of cones – different colours. To aim for. Competition. Where feet land = no. of pts - 1,2,3 3 jumps each. Add up points.</p> <p>Plenary: Q & A – linked to LO</p> <p>Extension if need – Sharks Max 3 in a hoop.</p>
Week Four			<p>Master basic movements including running, jumping, throwing and</p>	<p>To learn and perform the correct technique when jumping for distance and height</p> <p>To help run a mini athletics event in my</p>			<p>With partner complete a run/jump/throw event & measure outcome</p> <p>Show good running style at different speeds in various events</p>	<p>Recap: Athletics Knowledge check: What events are in athletics? (run, jump, throw) Lesson focus: Other Races</p> <p>Warm up- Stuck in the Mud</p>

			catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	class and be able to assist with measuring and officiating			Jump for height and length with power and control at take-off & landing	<p>Change taggers after 1 minute.</p> <p><u>Stretch</u> – Static (Teacher led)</p> <p><u>Skills/Races</u> – Sprint Groups of 4. Race round cone and back – continuous. Sat down, hands on head when all been.</p> <p><u>Skill/Races</u> -Egg and Spoon As above - Bat and beanbag.</p> <p><u>Skill/Races</u> – Sack As above – feet in corners (jump)</p> <p><u>Skill/Race</u> – Bean Bag Shuttle 4 bean bags spread out - 1st person collects closest beanbag, 2nd person next closest, keep going till all collected.</p> <p><u>Skill/Race</u> – Obstacle Course Go one at a time. Throw Bean bag into hoop; jump over hurdle; go through hoop; run back with bat and beanbag.</p> <p><u>Plenary</u>: Q & A – linked to LO</p> <p><u>Extension if need</u> – Sharks Max 3 in a hoop.</p>
								<p><u>Recap: Athletics</u> Knowledge check: What events are in athletics? (run, jump, throw) Lesson focus: Long distance</p> <p><u>Warm up-</u> Gears game</p>

							<p>1 = hopping, 2 = 2 footed jumps, 3 = hopscotch, 4 = skip, 5 = sprint.</p> <p><u>Stretch</u> – Static (Teacher led)</p> <p><u>Skill-</u> Sprinting (in pairs) Set up cones 10m away - can they sprint there and back in 10secs? KTPs of sprinting</p> <p><u>Skill-</u> Jogging (in Pairs) Set up cones 50m away - can they jog there and back without stopping? KTPs of jogging KTPs –body changes >HR, BR, Temp</p> <p><u>Race-</u> Long Distance (in pairs) Set up cones 50m away – one on each cone. 1, jog to meet in middle – high 10, job back 2. as above – do 2 times 3. as above – do 3 times 4. as above -do 4 times</p> <p><u>Plenary:</u> Q & A – linked to LO</p> <p><u>Extension if need</u> – Recap long jump and javelin.</p>
							Sports Day

		Y6 Athletics						
	Prior Knowledge	Learn Question Key Questions	National Curriculum Reference	Substantive Knowledge	Disciplinary Concepts	Vocabulary	PAT Assessment Strands	Task / Adaptations/Tweaks/Challenges
Week One			Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	<p>To learn about the ways we can improve our running technique for speed and be able to apply this when running competitively</p> <p>To understand the term pacing and be able to use our knowledge to sustain our pace when running for longer periods of time (5 minutes plus)</p>			Choose & sustain pace suited to distance(e.g. sprint 7 secs. run for 5 minutes)	<p><u>Intro: Athletics</u> Knowledge check: What events are in athletics? (run, jumps, throws) Lesson focus: Run- Sprinting</p> <p><u>Warm up-</u> Traffic Lights Red: stop; Amber: Jog; Green = Sprint; Blue = high knees, Yellow = Fast arms</p> <p><u>Stretch – Static (Teacher led)</u></p> <p><u>Skill – Sprint Technique</u> Drip feed technique -sprint as fast/far as can in 3 secs, cone down *Take your marks, get set, go *Accelerate off line *Arm action *Leg action *Head looking forwards.</p> <p><u>Skill – Sprint Races</u> *1's race , *2's race Repeat– sprint past finish line.</p> <p><u>Skill – Relay Races</u> For per team – discuss positions and passing a baton in a team. Practice: Short distance – pass baton 1-2-3-4. Walk then run.</p>

								<p>Intro moving before baton arrives. Practice. Race.</p> <p>Plenary: Q & A – linked to LO</p> <p>Extension – Stuck in Mud, rotate after 1 min</p>
Week Two			<p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p>To learn about both the upsweep and down sweep technique used within a relay change over.</p> <p>To learn the basic technique for hurdling/moving over obstacles and be able to perform this in competitive situation</p>			<p>Choose & sustain pace suited to distance(e.g. sprint 7 secs. run for 5 minutes)</p>	<p>Recap: Athletics Knowledge check: What events are in athletics? (run, jumps, throws) Lesson focus: Run- Sprinting</p> <p>Warm up- Cat and Mouse Cat chases mouse and tries to get bib. Cat then is Mouse. Repeat.</p> <p>Stretch – Static (Teacher led)</p> <p>Skill – Overarm Throw - BBag Drip feed technique -throw as far as can, put cone down *Face forwards. Feet apart. Elbow bent, elbow straight. *Transfer weight – back to front *Step forwards *Other hand up as guide (45 deg)</p> <p>Skill – Overarm Throw - Javelin 3 Row of cones – different colours. To aim for. Competition. Where javelin lands = no. of pts - 1,2,3 3 throws each. Add up points.</p> <p>Plenary: Q & A – linked to LO</p> <p>Extension if need – stuck in mud, rotate after 1 min.</p>

Week Three			<p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p>To learn the correct and different techniques needed to be able to throw different objects for distance</p> <p>To learn how to accurately measure throwing events and be able to compare my performance to others, suggesting ways to improve</p>			<p>Throw for distance efficiently, accurately & with good control</p>	<p>Recap: Athletics Knowledge check: What events are in athletics? (run, jumps, throws) Lesson focus: Jumps</p> <p>Warm up- Gears game 1 = hop 2 = jump, 3 = hopscotch, 4 = skip, 5 = run</p> <p>Stretch – Static (Teacher led)</p> <p>Skill Development – Jump Drip feed technique -Jump as far as can, put cone down *Face forwards. 2 feet to 2 feet *1 foot to 2 feet *Bend legs *Swing arms *Look forward *Speed – run & jump from line.</p> <p>Skill Competition – Jumping 3 Row of cones – different colours. To aim for. Competition. Where feet land = no. of pts - 1,2,3 3 jumps each. Add up points.</p> <p>Plenary: Q & A – linked to LO</p> <p>Extension if need – Sharks Max 3 in a hoop.</p>
Week Four			<p>Master basic movements including running, jumping, throwing and catching, as well as developing balance,</p>	<p>To learn and perform the correct technique when jumping for distance and height, understanding the ways in which I can increase my power and therefore my jump</p>			<p>Choose & sustain pace suited to distance(e.g. sprint 7 secs. run for 5 minutes)</p> <p>Throw for distance efficiently, accurately & with good control</p>	<p>Recap: Athletics Knowledge check: What events are in athletics? (run, jump, throw) Lesson focus: Other Races</p> <p>Warm up- Stuck in the Mud Change taggers after 1 minute.</p> <p>Stretch – Static (Teacher led)</p>

			agility and co-ordination, and begin to apply these in a range of activities	To help run a mini athletics event in my class and be able to assist with measuring and officiating				<p><u>Skills/Races – Sprint</u> Groups of 4. Race round cone and back – continuous. Sat down, hands on head when all been.</p> <p><u>Skill/Races -Egg and Spoon</u> As above - Bat and beanbag.</p> <p><u>Skill/Races – Sack</u> As above – feet in corners (jump)</p> <p><u>Skill/Race – Bean Bag Shuttle</u> 4 bean bags spread out - 1st person collects closest beanbag, 2nd person next closest, keep going till all collected.</p> <p><u>Skill/Race – Obstacle Course</u> Go one at a time. Throw Bean bag into hoop; jump over hurdle; go through hoop; run back with bat and beanbag.</p> <p><u>Plenary:</u> Q & A – linked to LO</p> <p><u>Extension if need</u> – Sharks Max 3 in a hoop.</p>
								<p><u>Recap: Athletics</u> Knowledge check: What events are in athletics? (run, jump, throw) Lesson focus: Long distance</p> <p><u>Warm up-</u> Gears game 1 = hopping, 2 = 2 footed jumps, 3 = hopscotch, 4 = skip, 5 = sprint.</p> <p><u>Stretch</u> – Static (Teacher led)</p> <p><u>Skill-</u> Sprinting (in pairs)</p>

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