

<u> Primary PE – Curriculum Plan</u>

Athletics 2024 - 25

Progression in Knowledge, Skills and Understanding: Athletics

EYFS Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
✓ Rolling ✓ Running- ✓ Walking being able ✓ Skipping to change ✓ Crawling speed ✓ Jumping depending ✓ Hopping on the	 ✓ Running- being able to change speed depending on the 	 ✓ Varying speed of running: ✓ Sprinting for short distance and keeping a good 	 ✓ Sprinting: know the basic, correct technique ✓ A basic understanding 	 ✓ Sprinting: being able to break down the technique into different body parts. ✓ An understanding of pacing using and 	 ✓ Sprinting: being able to break down sprinting into start/acceleration/maintaining speed and finish. ✓ A good understanding and application of pacing,
 ✓ Climbing ✓ Climbing ✓ Running-changing speed and direction ✓ Jump-Long jump ✓ Throw-overarm underarm 	 ✓ Running- changing speed and direction ✓ Jump- Standing Long jump ✓ Throw- overarm for distance- 2 different objects 	 Reeping 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 	 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. 	 knowing 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 	 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

Knowledge Key Questions Curriculum Reference To learn about and be able to change the speed that we can run 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 the basic technique for sprinting Change direction, speed, strength & flow of movements Intro: Athletics Knowledge check in athletics? (run & flow of movements Week One Name To learn the basic technique for sprinting To learn the basic technique for sprinting To learn the basic technique for sprinting Warm up- run straight & sidestep with correct Warm up- sprint; Blu = hig Fast arms Stretch – Static (' '''''''''''''''''''''''''''''''''''		Y1 Athletics			
One movements including running, jumping, throwing and catching, as well as able to change the speed that we can run direction, speed, strength & flow of movements Knowledge check in athletics? (run Lesson focus: Run movements Dearn the basic throwing and catching, as well as To learn the basic technique for sprinting To learn the basic technique for sprinting Warm up: Traffic Run straight & on a curve & sprint; Blue = hig sidestep with correct begin to apply these in a range of activities of a curvities Stretch - Static (f Skill - Sprint Tech Drip feed technique fast/far as can in "Take your marks "Accelerate of fill "+Head looking for "Leg action	e Key Questions Curriculum	owledge Disciplinary Concepts	,		Task / Adaptations /Tweaks/Challenges
Skill – Relay Race Passing a baton b 1's start - run to 2 Repeat 2's start v Plenary: Q & A –	movements includingable to change speed that we running, jumping, throwing and catching, as well as developing balance, agility and co- ordination, and begin to apply these in a range ofable to change speed that we the balance able to change speed that we to learn the bala technique for speed the balance, agility and co- ordination, and begin to apply these in a range of	the can run sic		direction, speed, strength & flow of movements Run straight & on a curve & sidestep with correct	Knowledge check: What events arr in athletics? (run, jumps, throws) Lesson focus: Run- Sprinting Warm up- Traffic Lights Red: stop; Amber: Jog; Green = Sprint; Blue = high knees, Yellow = Fast arms Stretch – Static (Teacher led) Skill – Sprint Technique Drip feed technique -sprint as fast/far as can in 3 secs, cone dow *Take your marks, get set, go *Accelerate off line *Arm action *Leg action *Head looking forwards. Skill – Sprint Races *1's race ,*2's race Repeat – sprint past the finish line. 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 Plenary: Q & A – linked to LO Extension – Stuck in Mud, rotate

Week		Master basic	To learn about how to		Change	Recap: Athletics
Two		movements	change my running		direction,	Knowledge check: What events are
		including	speed to reflect the		speed, strength	in athletics? (run, jumps, throws)
		running,	time or distance I am		& flow of	Lesson focus: Run- Overarm throw
		jumping,	running		movements	
		throwing and				Warm up- Cat and Mouse
		catching, as well	To learn how to set		Run straight &	Cat chases mouse and tries to get
		as	small targets and work		on a curve &	bib. Cat then is Mouse. Repeat.
		developing	towards achieving		sidestep with	
		balance, agility	them		correct	<u>Stretch</u> – Static (Teacher led)
		and co-	them		technique	
		ordination, and				<u>Skill –</u> Overarm Throw - BBag
		begin to apply			Begin to set	Drip feed technique -throw as far
		these in a range			realistic goals	as can, put cone down
		of			towards	*Face forwards. Feet apart. Elbow
		activities			achievement	bent, elbow straight.
						*Transfer weight – back to front
						*Step forwards
						*Other hand up as guide (45 deg)
						<u>Skill –</u> 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
						<u>Extension if need</u> – stuck in mud,
						rotate after 1 min.
Week	1	Master basic	To learn how to throw		Throw a small	Recap: Athletics
Three		movements	a ball over and		ball accurately	Knowledge check: What events are
		including	underarm successfully		underarm,	in athletics? (run, jumps, throws)
		running,			facing forward	Lesson focus: Jumps
		jumping,	To learn how to			
		throwing and	increase the distance		Begin to set	<u>Warm up-</u> Gears game
		catching, as well	of the object we are		realistic goals	$\overline{1}$ = hop 2 = jump, 3 = hopscotch, 4
		as	throwing (ball/foam		towards	= skip, 5 = run
		developing	javelin/quoits)		achievement	
		balance, agility				<u>Stretch</u> – Static (Teacher led)
		and co-				
		ordination, and				
		begin to apply				

	these in a range of activities				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. 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. Plenary: Q & A – linked to LO Extension if need – Sharks Max 3 in a hoop.
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	To learn the correct technique for jumping forwards To develop the ability to jump further, setting and achieving mini targets		Change direction, speed, strength & flow of movements Begin to set realistic goals towards achievement	Recap: Athletics Knowledge check: What events are in athletics? (run, jump, throw) Lesson focus: Other Races <u>Warm up-</u> Stuck in the Mud Change taggers after 1 minute. <u>Stretch – Static (Teacher led)</u> <u>Skills/Races – Sprint</u> Groups of 4. Race round cone and back – continuous. Sat down, hands on head when all been. <u>Skill/Races - Egg and Spoon</u> As above - Bat and beanbag. <u>Skill/Races – Sack</u> As above – feet in corners (jump)

				 <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. <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. <u>Plenary</u>: Q & A – linked to LO <u>Extension if need</u> – Sharks Max 3 in a hoop.
Week Five	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 develop our ability to change direction when running at speed To develop the ability to move over obstacles	Change direction, speed, strength & flow of movements Run straight & on a curve & sidestep with correct technique Work with a partner to follow pathways and copy movements Begin to set realistic goals towards achievement	Recap: AthleticsKnowledge check: What events arein athletics? (run, jump, throw)Lesson focus: Long distanceWarm up-Gears game1 = hopping, 2 = 2 footed jumps, 3= hopscotch, 4 = skip, 5 = sprint.Stretch – Static (Teacher led)Skill-Sprinting (in pairs)Set up cones 10m away - can theysprint there and back in 10secs?KTPs of sprintingSet up cones 50m away - can theyjog there and back withoutstopping? KTPs of joggingKTPs -body changes >HR, BR, TempRace-Long Distance (in pairs)Set up cones 50m away - one oneach 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 Plenary: Q & A – linked to LO <u>Extension if need</u> – Recap long jump and javelin.
Week Six		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 show an ability to perform a range skills in a mini athletics competition		Change direction, speed, strength & flow of movements Throw a small ball accurately underarm, facing forward Run straight & on a curve & sidestep with correct technique Work with a partner to follow pathways and copy movements Begin to set realistic goals towards achievement	Sports Day

					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	To learn about how the speed we run at effects our performance in different athletics events To learn the basic technique for sprinting			Change in speed & direction to stay with or outwit a partner Reflect on actions & say what worked well/not so well Discuss my own & others' work using simple vocabulary	Intro: Athletics Knowledge check: What events are in athletics? (run, jumps, throws) Lesson focus: Run- Sprinting Warm up- Traffic Lights Red: stop; Amber: Jog; Green = Sprint; Blue = high knees, Yellow = Fast arms Stretch – Static (Teacher led) 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. Skill – Sprint Races *1's race ,*2's race Repeat – sprint past the finish line. 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	

Week Two				1
				<u>Extension –</u> Stuck in Mud, rotate after 1 min
	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 about how to change my running speed when running for a longer distance or time To set myself a realistic target and show resilience when working towards that target	Change in speed & direction to stay with or outwit a partner Reflect on actions & say what worked well/not so well Say why a target has or has not been met	Recap: Athletics Knowledge check: What events are in athletics? (run, jumps, throws) Lesson focus: 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	Master basic movements including running,	To learn the correct technique for throwing an object	Reflect on actions & say what worked well/not so well	<u>Recap:</u> Athletics Knowledge check: What events are in athletics? (run, jumps, throws)

	jumping,			Lesson focus: Jumps
	throwing and	To learn how to	Discuss my own &	
	catching, as	correctly throw two	others' work	Warm up- Gears game
	well as	different objects for	using simple	1 = hop 2 = jump, 3 =
	developing	distance and be able	vocabulary	hopscotch, 4 = skip, 5 = run
	balance,	to identify basic ways		
	agility and	to improve my	Say why a target	<u>Stretch</u> – Static (Teacher led)
	co-	performance	has or has not	
	ordination,		been met	<u>Skill Development –</u> Jump
	and begin to			Drip feed technique -Jump as
	apply these			far as can, put cone down
	in a range of			*Face forwards. 2 feet to 2 feet
	activities			*1 foot to 2 feet
				*Bend legs
				*Swing arms
				*Look forward
				*Speed – run and jump from
				line.
				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.
				Plenary: Q & A – linked to LO
				Extension if need – Sharks
				Max 3 in a hoop.
Week	Master basic	To learn the correct	Reflect on actions	Recap: Athletics
Four	movements	technique for	& say what	Knowledge check: What events
	including	increasing the	worked well/not	are in athletics? (run, jump,
	running,	distance of my jump	so well	throw)
	jumping,	allocation of my jump		Lesson focus: Other Races
	throwing and	To develop the ability	Discuss my own &	
	catching, as	to jump further, and	others' work	Warm up- Stuck in the Mud
	well as		using simple	Change taggers after 1 minute.
	developing	be able to reflect on	vocabulary	
	balance,	my own and others performance,		<u>Stretch</u> – Static (Teacher led)
	agility and co-			<u>Skills/Races – Sprint</u>

	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	Groups of 4. Race round cone and back – continuous. Sat down, hands on head when all been. <u>Skill/Races - Egg and Spoon</u> As above - Bat and beanbag. <u>Skill/Races – Sack</u> As above – feet in corners (jump)
					Skill/Race – Bean Bag Shuttle4 bean bags spread out - 1stperson collects closestbeanbag, 2nd person nextclosest, keep going till allcollected.Skill/Race – Obstacle CourseGo one at a time. Throw Beanbaginto hoop; jump over hurdle; gothrough hoop; run back withbat and beanbag.Plenary: Q & A – linked to LOExtension if need – SharksMax 3 in a hoop.
Week Five	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and	To show an ability to link different athletics skills together when performing in an obstacle race To develop an ability to maintain speed when moving over		Change in speed & direction to stay with or outwit a partner Reflect on actions & say what worked well/not so well	Recap: Athletics Knowledge check: What events are in athletics? (run, jump, throw) Lesson focus: Long distance Warm up- Gears game 1 = hopping, 2 = 2 footed jumps, 3 = hopscotch, 4 = skip, 5 = sprint.

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

	apply these		Say why a target	
	in a range of		has or has not	
	activities		been met	

					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			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 run for speed and to be able to perform this both individually and as part of a team To apply our understanding of sprinting to a team relay			Run at fast/medium/slo w speeds appropriate for distance covered	Intro: Athletics Knowledge check: What events are in athletics? (run, jumps, throws) Lesson focus: Run- Sprinting Warm up- Traffic Lights Red: stop; Amber: Jog; Green = Sprint; Blue = high knees, Yellov = Fast arms Stretch – Static (Teacher led) 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. Skill – Sprint Races *1's race ,*2's race Repeat – sprint past the finish line. 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		

					Plenary: Q & A – linked to LO
					<u>Extension –</u> 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: AthleticsKnowledge check: What events are in athletics? (run, jumps, throws)Lesson focus: Run- JavelinWarm 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)

	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	To work alongside others to measure and compare performances		running and other travel Measure/compar e/record performance & suggest ways to improve	Lesson focus: Jumps Warm up- Gears game 1 = hop 2 = jump, 3 = hopscotch, 4 = skip, 5 = run Stretch – Static (Teacher led) 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. 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. Plenary: Q & A – linked to LO
	personal best.				Extension if need – Sharks Max 3 in a hoop.
Week Four	Use running, jumping, throwing and catching in isolation and in combination Develop flexibility, strength, technique,	To learn how to change our speed depending on the distance we are running To apply our knowledge of jumping, throwing and running to be successful during obstacle races		Run at fast/medium/slo w speeds appropriate for distance covered Jump from standing position, link jump to running and other travel	Recap:AthleticsKnowledge check: What events are in athletics? (run, jump, throw)Lesson focus: Other RacesWarm up-Stuck in the Mud Change taggers after 1 minute.Stretch – Static (Teacher led)Skills/Races – Sprint

balance [for example, through athletics and gymnastics) Compare their performance s with previous ones and demonstrate improvemen t to achieve their personal best.	e/record performance & suggest ways to improve	and back – continuous. Sat down, hands on head when all been. <u>Skill/Races - Egg and Spoon</u> As above - Bat and beanbag. <u>Skill/Races - Sack</u> As above – feet in corners (jump) <u>Skill/Race – Bean Bag Shuttle</u> 4 bean bags spread out - 1 st person collects closest beanbag, 2nd person next closest, keep going till all collected. <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.
improvemen t to achieve their personal		person collects closest beanbag, 2nd person next closest, keep going till all collected. <u>Skill/Race –</u> Obstacle Course Go one at a time. Throw Bean bag into hoop; jump over hurdle; go through hoop; run

					Ŋ	/4 Athletics		
	Prior Knowledge	Learn Question Key Questions	National Curriculum Reference	Substantive Knowledge	Disciplinary Concepts	Vocabulary	PAT Assessment Strands	Task / Adaptations/Tweaks/Challenges
Week One			Kererence 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 the correct technique to run for speed and to be able to apply this in competitive and challenging situations To learn how to change running speed to ensure technique is sustained over a longer distance and period of time			Run consistently & smoothly at different speeds Set personal targets/goals to improve my performance	Intro: Athletics Knowledge check: What events are in athletics? (run, jumps, throws) Lesson focus: Run- Sprinting Warm up- Traffic Lights Red: stop; Amber: Jog; Green = Sprint; Blue = high knees, Yellow = Fast arms Stretch – Static (Teacher led) 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. Skill – Sprint Races *1's race ,*2's race Repeat– sprint past the finish line. 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 Plenary: Q & A – linked to LO Extension – Stuck in Mud, rotate after 1 min
Week Two	-		Master basic movements including	To learn the correct technique to increase power			Throw overarm/push/sli	min <u>Recap:</u> Athletics Knowledge check: What events are in athletics? (run, jumps, throws)

	running,	when throwing for		ng	Lesson focus: Run- Sprinting
	jumping,	distance within		ball/implement	
	throwing and	athletics		consistently &	Warm up- Cat and Mouse
	catching, as			accurately	Cat chases mouse and tries to get bib.
	well as	To learn how to			Cat then is Mouse. Repeat.
	developing	accurately measure		Set personal	
	balance,	throwing events		targets/goals to	<u>Stretch</u> – Static (Teacher led)
	agility and co-	and be able to		improve my	
	ordination,	compare them to		performance	<u>Skill –</u> Overarm Throw - BBag
	and begin to	past performances			Drip feed technique -throw as far as
	apply these in				can, put cone down
	a range of				*Face forwards. Feet apart. Elbow bent,
	activities				elbow straight.
					*Transfer weight – back to front
					*Step forwards
					*Other hand up as guide (45 deg)
					<u>Skill –</u> 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	Master basic	To learn and		Set personal	<u>Recap:</u> Athletics
Three	movements	perform the correct		targets/goals to	Knowledge check: What events are in
	including	technique when		improve my	athletics? (run, jumps, throws)
	running,	jumping for		performance	Lesson focus: Jumps
	jumping,	distance and height			
	throwing and				Warm up- Gears game
	catching, as	To set myself			1 = hop 2 = jump, 3 = hopscotch, 4 =
	well as	targets within			skip, 5 = run
	developing	athletics and			
	balance,				<u>Stretch</u> – Static (Teacher led)
	agility and co-	suggest ways I can			
	ordination,	improve my			<u>Skill Development –</u> Jump
	and begin to	performance to			Drip feed technique -Jump as far as can,
	apply these in	reach my target			put cone down
	a range of				*Face forwards. 2 feet to 2 feet
	activities				*1 foot to 2 feet
		1	1		

					*Bend legs *Swing arms *Look forward *Speed – run and jump from line. <u>Skill Competition –</u> 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. <u>Plenary</u> : Q & A – linked to LO <u>Extension if need</u> – Sharks Max 3 in a hoop.
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	To learn about how to perform a relay change over and work within a team to achieve success To develop the ability to jump over obstacles (hurdles) whilst also maintaining running technique and speed		Run consistently & smoothly at different speeds Set personal targets/goals to improve my performance	Recap: Athletics Knowledge check: What events are in athletics? (run, jump, throw) Lesson focus: Other Races Warm up- Stuck in the Mud Change taggers after 1 minute. Stretch – Static (Teacher led) Skills/Races – Sprint Groups of 4. Race round cone and back - continuous. Sat down, hands on head when all been. Skill/Races -Egg and Spoon As above - Bat and beanbag. Skill/Race – Sack As above – feet in corners (jump) Skill/Race – Bean Bag Shuttle 4 bean bags spread out - 1 st person collects closest beanbag, 2nd person next closest, keep going till all collected.

				Skill/Race – Obstacle Course Go one at a time. Throw Bean bag into hoop; jump over hurdle; go through hoop; run back with bat and beanbag.
				Plenary: Q & A – linked to LO
				<u>Extension if need –</u> Sharks Max 3 in a hoop.

					Y5 Athleti	ics		
	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	To learn and be able to perform an effective sprinting technique and be able to apply this to competitive situations To learn how to 'pace' a longer distance running event to ensure running style and performance is sustained			With partner complete a run/jump/throw event & measure outcome Show good running style at different speeds in various events	Intro: Athletics Knowledge check: What events are in athletics? (run, jumps, throws) Lesson focus: Run- Sprinting <u>Warm up-</u> Traffic Lights Red: stop; Amber: Jog; Green = Sprint; Blue = high knees, Yellow = Fast arms <u>Stretch – Static (Teacher led)</u> <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. <u>Skill – Sprint Races</u> *1's race ,*2's race Repeat – sprint past finish line. <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.

					Intro moving before baton arrives. Practice. Race. <u>Plenary</u> : Q & A – linked to LO <u>Extension –</u> Stuck in Mud, rotate after 1 min
Week Two	Master ba movemen including running, jumping, throwing catching, well as developin balance, agility and ordinatio and begin apply the a range o activities	htscorrect technique for a relay change over and be able to perform this alongside team mates in a competitive situationand asTo learn the basic technique for hurdling/moving over obstacles and be able to perform this in competitive situation		With partner complete a run/jump/throw event & measure outcome Show good running style at different speeds in various events	 Recap: Athletics Knowledge check: What events are in athletics? (run, jumps, throws) Lesson focus: Run- Sprinting 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	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 Master basic	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 To learn how to accurately measure throwing events and be able to compare my performance to others, suggesting ways to improve		With partner complete a run/jump/throw event & measure outcome Jump for height and length with power and control at take-off & landing With partner complete a	Recap: AthleticsKnowledge check: What events are in athletics? (run, jumps, throws)Lesson focus: JumpsWarm up- Gears game 1 = hop 2 = jump, 3 = hopscotch, 4 = skip, 5 = runStretch – Static (Teacher led)Skill Development – Jump Drip feed technique -Jump as far as can, put cone down *Face forwards. 2 feet to 2 feet *Bend legs *Swing arms *Look forward *Speed – run and jump from line.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.Plenary: Q & A – linked to LOExtension if need – Sharks Max 3 in a hoop.Recap: Athletics
Four	movements including running, jumping, throwing and	the correct technique when jumping for distance and height To help run a mini athletics event in my		run/jump/throw event & measure outcome Show good running style at different speeds in various events	Knowledge check: What events are in athletics? (run, jump, throw) Lesson focus: Other Races

	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	Change taggers after 1 minute. <u>Stretch</u> – Static (Teacher led) <u>Skills/Races – Sprint</u> Groups of 4. Race round cone and back – continuous. Sat down, hands on head when all been.
					Skill/Races -Egg and Spoon As above - Bat and beanbag. Skill/Races - Sack As above - feet in corners (jump) Skill/Race - Bean Bag Shuttle
					4 bean bags spread out - 1 st person collects closest beanbag, 2nd person next closest, keep going till all collected. <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. <u>Plenary</u> : Q & A – linked to LO
					Extension if need – Sharks Max 3 in a hoop. Recap: Athletics Knowledge check: What events are in athletics? (run, jump,
					throw) Lesson focus: Long distance <u>Warm up-</u> Gears game

		1 = hopping, 2 = 2 footed jumps, 3 = hopscotch, 4 = skip, 5 = sprint. <u>Stretch – Static (Teacher led)</u> <u>Skill- Sprinting (in pairs)</u> Set up cones 10m away - can they sprint there and back in
		10secs? KTPs of sprinting <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
		 <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
		<u>Plenary</u> : Q & A – linked to LO <u>Extension if need</u> – Recap long jump and javelin. 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	To learn about the ways we can improve our running technique for speed and be able to apply this when running competitively 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)			Choose & sustain pace suited to distance(e.g. sprint 7 secs. run for 5 minutes)	Intro: Athletics Knowledge check: What events are in athletics? (run, jumps, throws) Lesson focus: Run- Sprinting Warm up- Traffic Lights Red: stop; Amber: Jog; Green = Sprint; Blue = high knees, Yellow = Fast arms Stretch – Static (Teacher led) 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. Skill – Sprint Races *1's race ,*2's race Repeat– sprint past finish line. 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.

Week		Master basic	To learn about both		Choose & sustain pace	Intro moving before baton arrives. Practice. Race. <u>Plenary</u> : Q & A – linked to LO <u>Extension –</u> Stuck in Mud, rotate after 1 min <u>Recap:</u> Athletics
Two		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	the upsweep and down sweep technique used within a relay change over. To learn the basic technique for hurdling/moving over obstacles and be able to perform this in competitive situation		suited to distance(e.g. sprint 7 secs. run for 5 minutes)	Knowledge check: What events are in athletics? (run, jumps, throws) Lesson focus: Run- Sprinting <u>Warm up-</u> Cat and Mouse Cat chases mouse and tries to get bib. Cat then is Mouse. Repeat. <u>Stretch – Static (Teacher led)</u> <u>Skill – Overarm Throw - BBag</u> 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) <u>Skill – Overarm Throw - Javelin</u> 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. <u>Plenary</u> : Q & A – linked to LO <u>Extension if need</u> – stuck in mud, rotate after 1 min.

Week Three Week	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 the correct and different techniques needed to be able to throw different objects for distance To learn how to accurately measure throwing events and be able to compare my performance to others, suggesting ways to improve	Throw for distance efficiently, accurately & with good control	Recap: AthleticsKnowledge check: What events are in athletics? (run, jumps, throws)Lesson focus: JumpsWarm up- Gears game 1 = hop 2 = jump, 3 = hopscotch, 4 = skip, 5 = runStretch – Static (Teacher led)Skill Development – Jump Drip feed technique -Jump as far as can, put cone down *Face forwards. 2 feet to 2 feet *Bend legs *Swing arms *Look forward *Speed – run & jump from line.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.Plenary: Q & A – linked to LOExtension if need – Sharks Max 3 in a hoop.Recap: Athletics
Four	movements including running, jumping, throwing and catching, as well as developing balance,	the correct technique when jumping for distance and height, understanding the ways in which I can increase my power and therefore my jump	Throw for distance efficiently, accurately & with good control	Knowledge check: What events are in athletics? (run, jump, throw) Lesson focus: Other Races <u>Warm up-</u> Stuck in the Mud Change taggers after 1 minute. <u>Stretch – Static (Teacher led)</u>

	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		Skills/Races - SprintGroups of 4. Race round coneand back - continuous. Satdown, hands on head when allbeen.Skill/Races -Egg and SpoonAs above - Bat and beanbag.Skill/Races - SackAs above - feet in corners (jump)Skill/Race - Bean Bag Shuttle4 bean bags spread out - 1 st person collects closest beanbag,2nd person next closest, keepgoing till all collected.Skill/Race - Obstacle CourseGo one at a time. Throw Beanbaginto hoop; jump over hurdle; gothrough hoop; run back with batand beanbag.Plenary: Q & A - linked to LOExtension if need - SharksMax 3 in a hoop.
				Recap:AthleticsKnowledge check: What eventsare in athletics? (run, jump,throw)Lesson focus: Long distanceWarm up-Gears game1 = hopping, 2 = 2 footed jumps,3 = hopscotch, 4 = skip, 5 =sprint.Stretch – Static (Teacher led)Skill- Sprinting (in pairs)

		th 10 Se th st	et up cones 10m away - can ney sprint there and back in Osecs? KTPs of sprinting <u>kill–</u> Jogging (in Pairs) et up cones 50m away - can ney jog there and back without opping? KTPs of jogging TPs –body changes >HR, BR, emp
		Se ea 1, 10 2. 3.	ace- Long Distance (in pairs) et up cones 50m away – one on ach cone. jog to meet in middle – high 0, job back as above – do 2 times as above – do 3 times as above -do 4 times
		E	l <mark>enary</mark> : Q & A – linked to LO ktension if need – ecap long jump and javelin.
		Sr	ports Day