

# Year 5 Athletics

This term we will 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. We will communicate, collaborate and learn how to improve our skills through athletics. In addition, we evaluate and recognise our own successes.

## Athletics:

We will learn to use running, jumping, throwing and catching in isolation and in combination. Also, compare our performances with previous ones and demonstrate improvement to achieve our personal best.

| Key Vocabulary |             |             |                |
|----------------|-------------|-------------|----------------|
| run            | jump        | throw       | catch          |
| baton          | ball        | 100m        | short distance |
| long distance  | javelin     | shot put    | discus         |
| pace           | time        | distance    | personal best  |
| compete        | competition | competitors | track          |



| Self-reflection questions - Athletics  | Yes | No | Working on |
|--|-----|----|------------|
| Can I use a variety of running technique?  |     |    |            |
| Can I use relay techniques, including baton exchanges and team coordination?                     |     |    |            |
| Did I learn how to hold and throw the vortex, and shotput beanbag correctly?                     |     |    |            |
| Did I take part in a variety of track and field events?  |     |    |            |
| Can I perform standing and running jumps, using correct take-off, flight, and landing technique? |     |    |            |
| Did I show resilience and determination, striving to improve personal bests?                     |     |    |            |
| Was I a good athlete and support my classmates?  |     |    |            |