PE Year 5/6

Topic- Athletics

What is this topic about?

Children will focus on developing their technical understanding of athletic activities. They will learn how to set targets and improve their performance in a range of running, jumping and throwing activities.



I will show my PE skills by…

Performing and developing running techniques for short and long distances.
Developing running techniques including running for a distance and at different speeds.
Performing a pull, push, heave and sling throw.
Taking off and landing using a combination of jumps (two feet to two feet, one foot to one foot, one foot to two feet, hop-step-jump).
Taking part in athletics events and recording times and distances.

At the end of the Topic I will…

Know how to perform the long jump and triple jump.
Know how to perform a pull and push throw.
Beat my personal best in running, jumping and throwing.
Be able to pass a baton in a relay.
Know that determination is needed in athletics.



KEY VOCABULARY

determination, personal best, safety, sprint, push throw, pull throw, heave throw, sling throw, improve, distance, speed, self-motivation, height, progress, stamina, pace, goal, relay, baton, technique, willpower, discus, shot, javelin, high jump, long jump, triple jump, hurdle