

Year 6 – Term 1
PHYSICAL EDUCATION
Athletics



National Curriculum Links:

Develop flexibility, strength, technique, control and balance.
 Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Essential Prior Learning:

Know the appropriate technique for throwing javelin and shot putt.
 Use all parts of the body to run efficiently, taking longer strides to cover greater distances.
 Know the three stages of jumping: take-off, flight, landing and have some control over each.

Progression in Skill:

Use a run up to increase the distance a javelin is thrown.
 Use transference of weight to gain power when throwing.
 Make improvements to running style, focusing on becoming more efficient.
 Running style can be improved by evaluating self in style and making improvements.
 Know how to use the whole body to generate power and transfer into jumping: long and triple jump.

When taking measurements for jumping, measure from the closest mark made; body weight needs to be forwards.
 Apply skills learnt competitively, aiming to beat personal best each time.
 Set personal targets and know the skills needed to achieve them.
 Hannah Cockcroft holds the Paralympic records for the 100m, 200m, 400m, 800m and 1500m.

Long-term Memory Knowledge:

Demonstrate using a run up to throw a javelin; explain why the javelin travels further.
 Demonstrate transferring body weight to gain more power when throwing.
 Understand what is meant by an efficient running style.
 Perform the long jump and triple jump, explaining efficient techniques for each.
 Know the importance of the body weight being forwards when jumping.
 Know own areas for improvement.
 Name some of Hannah Cockcroft's achievements.

Key Vocabulary

run up	a brief run to gain momentum
transference of weight	moving your body weight from one side of the body to the other

Progression in Resources:

Javelin, shotput, measuring equipment, stopwatches

Relevance

Now	Children will seek to engage in athletic style games outside of school for pleasure; they develop skills that can be transferred to other sports they enjoy as well as contributing to a healthy lifestyle.
Future	Children gain skills required in further years and an understanding of the rules of activities; they are able to exercise safely, minimising the risk of injury.
Aspiration	Children to play for county, be interested in the Olympics; they may be involved in coaching or research into sports science.