

Year 4 Term 3
PYSICAL 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:

Use different throwing techniques, e.g. push, overarm.
 Begin to choose own pace according to distance being run.
 Use all parts of the body to run more efficiently.
 Know that jumping involves three stages: take-off, flight and landing; have some control over each.
 Jump in different combinations for distance, hop, skip and jump.
 Have a willingness to challenge yourself.
 Have experience of throwing a javelin and shot putt, understanding there is a difference in technique.

Progression in Skill:

Understand the difference between a shot-put throw and a javelin throw
 Understand how to control the flight and distance of an object based on the amount of force used.

When running, begin to estimate distances covered in set times and set targets.

Use a run up to lead into jumps to gain further distance.

Use body effectively to generate maximum power when jumping for distance, e.g. driving arms to gain power.

Push throws use power from the chest muscles and pull throws use those in the back.

When throwing a javelin, stand sideways on, looking in the direction you are throwing; hold the javelin back behind the body with a straight arm; hold the javelin horizontally; arm pulls through fast and last.

When throwing a shot putt, it rests in the finger tips (not your palm), tucked into the side of your neck.; stand sideways on and bend your knees, keeping chin, knee and toe all in line; keep your elbow high, push the shot into the sky.

When running, longer strides will enable you to cover more distance.

Use a run up, where appropriate, to increase distance jumped.

Jackie Joyner-Kersey excelled across multiple disciplines – the heptathlon and long jump.

Know what own personal best looks like and try to improve it.

Long-term Memory Knowledge:

Demonstrate the technique needed to throw a javelin and a shot putt with some control over the direction and distance.

Have an understanding of the distance you can run in a set time and be able to set realistic targets for improvement.

Use a longer stride to cover more distance when running.

Use a run up to increase the distance you can jump, using the whole body to increase the distance covered.

Know some of Jackie Joyner-Kersey's athletic achievements.

Key Vocabulary

javelin	a lightweight spear-like object
shot putt	Small round ball which is thrown into the air.
aim	To point in a direction or towards a target.
agility	to move quickly and easily.

Progression in Resources:

Javelin, shotput

Relevance

Now	Children develop their flexibility and strength, and improve control over their bodies, enabling them participate in physical activity with greater success and confidence. They have experience of managing success and failure, developing a sense of pleasure in personal achievement.
Future	Children lead physically active lives as part of a healthy lifestyle; they have a willingness to push themselves to achieve more and be the best they can be in work and/or leisure and can manage failure as well as success.
Aspiration	Children compete in athletics at a high level, building on failures to be as successful as possible.