

Year 5 Term 5

How sustainable is our way of life?

PHYSICAL EDUCATION



National Curriculum Links

Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance [for example, through athletics]. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Essential Prior Learning

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.
Running technique: longer strides will enable you to cover more distance.
Jumping technique: use a run up, where appropriate, to increase distance jumped.

Progression in Skill

Begin to make choices based on health and how it makes you feel.
Use an alternative approach to try to improve on personal best.
Begin to make choices based on health and how it makes you feel.
Develop push and pull techniques to throw for distance. Use the whole body for maximum output.
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; javelin is held

horizontally; transfer weight from back foot to front foot; arm pulls through fast and last.

When throwing a shot putt, shot rests in the fingertips (not your palm) and tucked into the side of your neck; stand sideways on and bend your knees; chin, knee and toe all in line; twist your hips, transferring the weight from the back foot to the front foot; keep your elbow high, push the shot into the sky!

When running, choose different styles of running for different distances, identifying a running technique which works for them: forefoot (land on ball of foot, heel barely touches); midfoot (land on whole foot); heel-striking (landing on heel first); know that adapting the running style (which part of the foot hits the ground first) can improve speed or endurance; know forefoot running is favoured by sprinters as it has potential for greater speed and reduces injury risk and endurance athletes favour midfoot; know heel-striking carries a greater risk of injury. For the long Jump: jump two footed from cone to cone swinging my arms, bending legs and pushing from toes.

For the triple jump: hop, step, then jump, landing with two feet and swinging arms, bending knees when jumping.

For a jump to count, toe should be up to but must not cross the line.

Stanislaw Kowalski (Polish)– become the oldest ever competing athlete aged 105.

Long-term Memory Knowledge

Have an understanding of the distance you can run in a set time and be able to set realistic targets.
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.
Athletics is built up of a variety of events which can be individual and or made up by a team.
Know some of Stanislaw Kowalski's athletic achievements.

Key Vocabulary

agility	to move quickly and easily.
stamina	Physical/ mental energy for a prolonged period
triple Jump	an athletic event in which competitors attempt to jump as far as possible by performing a hop, a step, and a jump from a running start.
shot putt	an athletic contest in which a very heavy round ball is thrown as far as possible.
javelin	a light spear thrown in a competitive sport

Progression in Resources

Stopwatches, meter stick, shot putt, javelin, video about Stanislaw Kowalski

Relevance

Now	Children will seek to engage in athletic style games outside of school for pleasure.
Future	Children gain skills required in further years and an understanding of the rules of activities.
Aspiration	Children to play for county, be interested in the Olympics.