

**Prior Learning:** In year 4, children continued to practice and master their running techniques. They continued to practice techniques of how to throw the javelin/vortex and the standing long jump. They were introduced to the standing triple jump. They learned the shot put technique using a tennis/small ball. They learned how to complete a relay change over with a partner. They continued to compete and aim to get Personal Bests in their sprints, jumps and throws.

## Physical Me

**Running:** Speed, Agility, Power, Co-ordination, Balance

- Sprint (75m)
- Relay
- Hurdles
- Middle distance 600m



**Throwing:** Balance, Co-ordination, Power, speed, flexibility

- Javelin/vortex
- Shotput

**Jumping -** Power, Co-ordination, Balance, flexibility

- Standing long jump
- Standing Triple jump (**hop, step, jump**)
- **Striding**

## Key Skills

### Thinking Me

- To react quickly
- How to pace yourself

### Value Me:

- Responsibility
- Empathy

### Social Me

- Co-operate with others
- Collaborate with others

## Athletic Events

### Track Events:

- 100m sprint
- 200m sprint
- 400m sprint
- 800m middle distance
- 1500 middle distance
- 5,000 long distance
- 10,000 long distance
- Marathon



### Field events:

- Javelin throw
- Long Jump
- Triple Jump
- Shot put
- Discus
- High Jump



## Key Vocabulary

Evaluate

React

Accelerate

Collaborate

Sprint Start

Pace

Stride

Peer Assess

Feedback

## Key Knowledge

**Sprint Start:** To start the race 'On your marks, Set, Go!

**Javelin scoring :** Measure the score from the line that they throw from to where the first part of the foam javelin has touched the ground

**Standing Long Jump Scoring:** The measurement is taken from the take-off line to the nearest point of contact on landing (back of the heels).

**Pace:** Is the speed at which you run. It is important not to run too quickly, too soon and use up all your energy!



## Inspirational Athletes

### Mo Farah

Mo Farah, is a Somalian-born British distance runner who won gold medals in both the 5,000-metre and 10,000-metre races at the 2012 London Olympics and the 2016 Rio de Janeiro Olympics.

Mo Farah is the most successful British and global track athlete in modern Olympic Games history.

