

Prior Learning: In year 5, children recapped sprinting and were introduced to sprint starts. They practiced their javelin throws and have now advanced to taking three steps before they throw. They measured their jumps (standing long jump and triple jump). They were introduced to middle distance running and how to pace themselves. They recapped the shot put technique and progressed to using an indoor shot put. They progressed their relay changeovers to groups of 4.

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 improve my performance

Value Me:

- Determination
- Graciousness

Social Me

- Co-operate with others
- Collaborate with others



Athletic Events

Track Events:

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



Field events:

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



Key Vocabulary

Evaluate

Long distance

Accelerate

Compete

Sprint start

Pace

Stride

Gracious

Leader

Key Knowledge

Racing: - To start the race: 'On your marks, Set, Go!'

- To finish, aim to lean forward and put your top part of your body over the finish line first as you cross it.

Rules:

- Rest the shot close to the neck, and **keep** it close to the neck
- Release shot above the height of the shoulder, using only one hand.
- The shot is to be put (i.e. **pushed**), not thrown with an overhead motion. **No Throw** if the above is not shown!

Standing Triple Jump Scoring:

- Measure from the take-off line to the back of the closest heel on landing.
- Start by standing on one foot as close to the take-off line as possible.
- Hop, step and jump in one continuous movement as far as possible from the take-off line.

Inspirational Athletes

Jonathan Edwards

The current male world record holder is Jonathan Edwards of the United Kingdom, with a recorded jump of 18.29 M (60ft 0 in).



Jonathan David Edwards, CBE (born 10 May 1966) is a British former triple jumper. He is an Olympic, World, European and Commonwealth champion, and has held the world record in the event since 1995.