


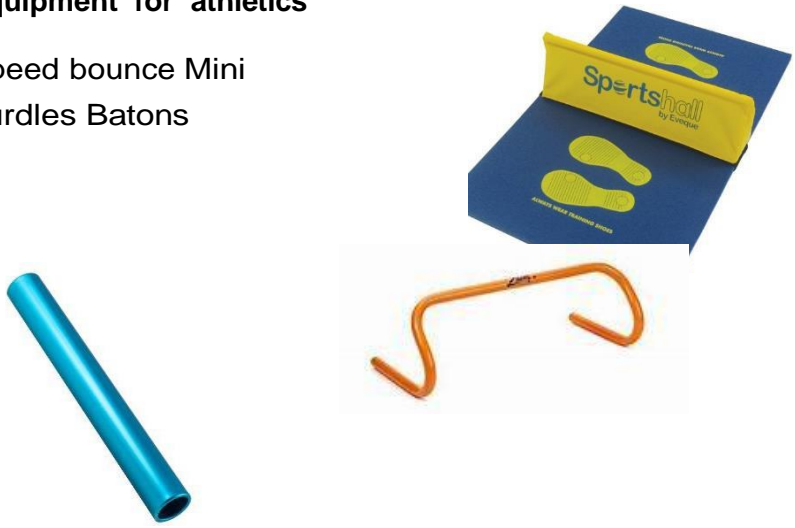
















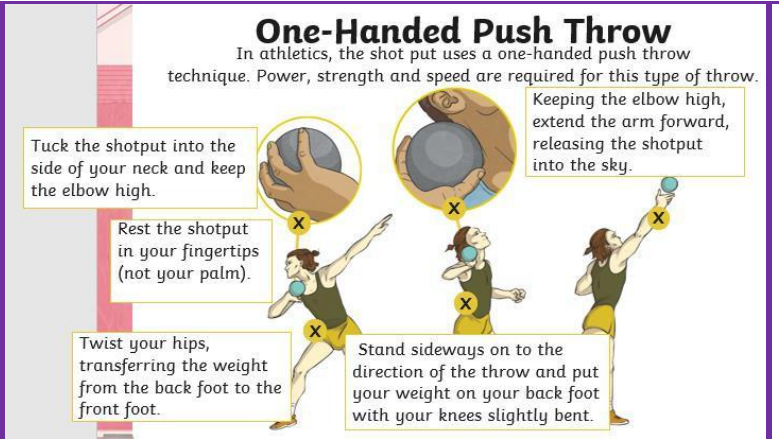
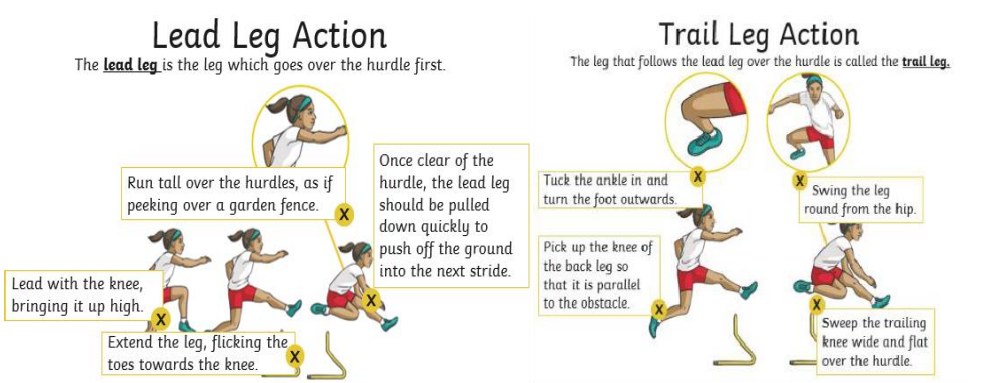


Dodworth St John's - Athletics

Theme: Athletics	Year: EYFS 2	Subject: Physical Education
What should I be able to do by the end? <ul style="list-style-type: none"> • Explore different ways of moving. • Practise running. 	How will I use this learning in the future? You will learn to run at different speeds and for different distances. Using different methods of throwing and moving.	What vocabulary should I learn?
Running: <ul style="list-style-type: none"> • Walk • Run 	Health and Fitness: Describe how my body feels before, during and after exercise 	Run Move at a speed faster than a walk, never having both or all the feet on the ground at the same time. Space Part of a room which is not occupied Safely in a way that gives protection from danger or risk Others Stop, Listen, wait, throw
Jumping: <ul style="list-style-type: none"> • 2 feet to 2 feet • Hop • Jump safely, with control from apparatus • Jump over small objects Put jumps together to make a short jump sequence Jump as high as possible Jump as far as possible Land safely and with control	Sportspersonship: <ul style="list-style-type: none"> - Cheer and be happy when myself and others win - Enjoy the games and activities - Compete against personal best 	
FUNDAMENTAL MOVEMENTS to work on. <ul style="list-style-type: none"> • Different ways of moving • Running in space. • Jumping 	Equipment for athletics Speed bounce Mini hurdles Batons 	Competition: <ul style="list-style-type: none"> - Take part in competitive activities - Watch others run, jump and throw you to have - Games are for fun and should help fun 

Theme: Athletics	Year: Year 1	Subject: Physical Education
What should I already know/be able to do? <ul style="list-style-type: none"> • Explore different ways of moving. • Practise running. 	How will I use this learning in the future? In year 2, I will learn to control speed for different distances, use different jumps for different distances, throw with greater accuracy using more equipment and compete with myself.	What vocabulary should I learn?
What should I be able to do by the end?		
<ul style="list-style-type: none"> • Use varying speeds when running. • Practise short distance running. • Explore footwork patterns. • Explore arm mobility. • Explore different methods of throwing. 	Running: <ul style="list-style-type: none"> • Walk • Jog • Run • Sprint  <p>Different directions. Stop and start. Change direction quickly. Avoid objects.</p>	avoid keep away from something competition an event where people try to be better than others curve a line with is not straight heart rate the speed at which a heart beats jog run at a steady, gentle pace muscles the part of our body that makes movement overarm to throw moving the hand over the level of the shoulder power to use maximum force in the least time run move at a speed faster than a jog speed how fast or slow a movement is Sportspersonship to show fair and compassionate behaviour sprint run as quickly as possible straight one direction with no curve or bend underarm a throw below shoulder level walk move by placing one foot in front of the other and swapping weave to move in and out of objects
Jumping: <ul style="list-style-type: none"> • 2 feet to 2 feet • 1 foot to 2 feet • 2 feet to 1 foot • 1 foot to same foot • 1 foot to opposite foot Put jumps together to make a short jump sequence Jump as high as possible Jump as far as possible Land safely and with control	Health and Fitness: -Describe how my body feels before, during and after exercise Competition: -Take part in competitive activities -Watch others run, jump and throw -Begin to say how myself and others can improve Sportspersonship: -Cheer and be happy when myself and others win -Don't be upset when I lose	
	 	Other: Speed, direction, team work, relay, baton, hurdles, javelin, shot put.

Theme: Athletics	Year: Year 2	Subject: Physical Education
<p>What should I already know/be able to do?</p> <ul style="list-style-type: none"> • Use varying speeds when running. • Practise short distance running. • Explore footwork patterns. • Explore arm mobility. • Explore different methods of throwing. • 	<p>How will I use this learning in the future? In year 3, I will learn some specific running techniques, perform a push throw and a standing long jump and know the importance of warming up and cooling down.</p>	<p>What vocabulary should I learn?</p> <p>avoid keep away from something curve a line which is not straight exertion the amount of physical effort put in to exercise heart rate the speed at which a heart beats jog run at a steady, gentle pace</p> <p>muscles the part of our body that makes movement overarm to throw moving the hand over the level of the shoulder pace speed when walking, jogging or running personal best the best time or score achieved by yourself in an event power to use maximum force in the least time run move at a speed faster than a jog</p> <p>speed how fast or slow a movement is Sportspersonship to show fair and compassionate behaviour sprint run as quickly as possible</p> <p>underarm a throw below shoulder level</p> <p>Other: Speed, direction, team work, relay, baton, hurdles, javelin, shot put,</p>
<p>What should I be able to do by the end?</p> <ul style="list-style-type: none"> • Run with agility and confidence. • Run for distance. • Learn the best jumping techniques for distance. • Throw different objects in a variety of ways. • Hurdle an obstacle and maintain effective running style. • Complete an obstacle course with control and agility. 	<p>Running: Walk Jog Run Sprint</p>   <p>Follow a Curve Choose which pace to move at based on how far I need to run.</p>	
<p>Jumping:</p> <ul style="list-style-type: none"> • 2 feet to 2 feet • 1 foot to 2 feet • 2 feet to 1 foot • 1 foot to same foot • 1 foot to opposite foot  <p>Put jumps together to make a short jump sequence that covers a set distance. Jump for distance from a standing position. Know that leg muscles help us jump.</p>	<p>Throwing:</p> <ul style="list-style-type: none"> • Underarm • Aim for low/medium/high targets • Use a range of equipment safely <p>Overarm</p>      <p>(balls, bean bags, foam javelins and shotputs)</p>	
<p>Competition:</p> <ul style="list-style-type: none"> -Take part in competitive activities -Begin to compete against myself (personal best) -Say how myself and others can improve 	<p>Health and Fitness:</p> <ul style="list-style-type: none"> -Describe how my body feels before, during and after exercise -Say how this is different after different exertion levels -Explain what my body needs to stay healthy 	

Theme: Athletics	Year: Year 3	Subject: Physical Education
What should I already know/be able to do? <ul style="list-style-type: none"> • Run with agility and confidence. • Run for distance. • Learn the best jumping techniques for distance. • Throw different objects in a variety of ways. • Hurdle an obstacle and maintain effective running style. • Complete an obstacle course with control and agility. 	How will I use this learning in the future? In Year 4, I will complete a sprint finish and take part in relays, perform a pull throw and learn to do a standing triple jump.	What vocabulary should I learn? field event any athletics event that is a jump or a throw hurdling racing whilst moving over hurdles joint the part of a body where two bones attach lead leg the leg that leads in a hurdle event- this leg passes over the hurdles first mobilise to make something move easily push throw the throw used in the shotput event sprint to run as fast as you can track event any running event trail leg the leg that is behind in a hurdle event- this leg passes over the hurdles last victory to win Others Sprint, relay, combination, transition, long jump, overarm, throwing, technique, distance, accuracy, personal best
What should I be able to do by the end?	Sprint Technique	
<ul style="list-style-type: none"> • Run in different directions and at different speeds, using a good technique. • Choose and understand appropriate running techniques. • Improve throwing technique. • Reinforce jumping techniques. • Understand the relay and passing the baton. 	<ol style="list-style-type: none"> 1. Head still looking ahead 2. Arms bent and pumping 3. Lift knees to horizontal 4. Contact the ground with a heel toe action 5. Stay light on your feet Hurdles	
		
<div style="border: 1px solid purple; height: 150px; width: 100%;"></div>	<p>There are four throwing events in athletics:</p> <ul style="list-style-type: none"> -shotput -javelin -hammer -discuss 	<div style="border: 1px solid blue; height: 150px; width: 100%;"></div>

Theme: Athletics	Year: Year 4	Subject: Physical Education
-------------------------	---------------------	------------------------------------

- What should I already know/be able to do?**
- Run in different directions and at different speeds, using a good technique.
 - Choose and understand appropriate running techniques.
 - Improve throwing technique.
 - Reinforce jumping techniques.
 - Understand the relay and passing the baton

How will I use this learning in the future?
 In Year 5 I will complete a sprint start and adjust my speed for a range of distances. I will perform a fling throw and a standing vertical jump.

What vocabulary should I learn?


- field event**
any athletics event that is a jump or a throw
- joint**
the part of a body where two bones attach
- lactic acid**
this builds in your muscles during exercise and can make muscles sore if it isn't released
- mobilise**
to make something move easily
- pull throw**
the throw used in the javelin event
- relay racing**
an event run as a team where a baton is passed
- sprint finish**
to run as fast as you can until over the finish line
- track event**
any running event
- triple jump**
a jumping event combining a hop, skip and jump
- victory**
to win
- Other**
Sprint, relay, combination, transition, long jump, overarm, throwing, technique, distance, accuracy, personal best

- What should I be able to do by the end?**
- Select and maintain a running pace for different distances.
 - Demonstrate good running technique in a competitive situation.
 - Practise throwing with power and accuracy.
 - Throw safely and with understanding.
 - Explore different footwork patterns
 - Understand which technique is most effective when jumping for distance.

One-Handed Pull Throw Javelin Practice

Take it in turns to practise throwing the javelin.
Always check the area ahead of you is clear before you throw.

- Stand sideways on, looking in the direction you are throwing.
- Hold the javelin back behind your body with a straight arm and the palm of your hand turned up.
- Hold the non-throwing arm in front of the body.
- Keep the opposite foot to the throwing arm forward.
- The weight of the body is on the back leg which should be bent.
- The arm is pulled through with the elbow leading the palm.
- Pull back the non-throwing arm as the throwing arm comes through.
- Transfer the weight of the body from the back to the front leg as you release the javelin.
- Step and follow through towards the direction of the throw.



There are four throwing events in athletics:
 -shotput -javelin -hammer -discus

<p><u>Sprint Technique</u></p> <ol style="list-style-type: none"> 1.Head still looking ahead 2.Arms bent and pumping 3.Lift knees to horizontal 4.Contact the ground with a 	<p><u>Sprint Finish</u></p> <p>Run your fastest until after you have passed the finish line – this is called a sprint finish! In a long race, you</p>	<p><u>Relay Racing</u></p> <div style="display: flex; justify-content: space-around;"> <div style="background-color: #d9ead3; padding: 5px; width: 45%;"> <p>The 1st runner carries the baton in their left hand and runs on the outside of the lane.</p> </div> <div style="background-color: #d9ead3; padding: 5px; width: 45%;"> <p>The 2nd runner waits and runs on the inside of the lane and takes the baton in their right hand.</p> </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="background-color: #d9ead3; padding: 5px; width: 45%;"> <p>The 3rd runner waits and runs on the outside of the lane and takes the baton in their left hand.</p> </div> <div style="background-color: #d9ead3; padding: 5px; width: 45%;"> <p>The 4th runner waits on the inside of the lane and takes the baton in their right hand.</p> </div> </div> <div style="text-align: center; margin-top: 10px; border: 1px solid green; padding: 5px; background-color: #d9ead3;"> <p>4 x 100m start moving before handover alert next runner</p> </div>
---	--	---

Health and fitness

Why do we need to warm up?

Increase heart rate
 Mobilise joints
 Stretch muscles
 body temperature
 Reduce injury
 Warming up also prepares the mind for exercise!

*Primary aged children can warm up by playing small games and dynamic warm ups, as the body doesn't need as much warming and stretching at such a young age


Why do we need to cool down?

We cool down so that the body can return to how it was pre-exercise. Increase
 This also helps our body to remove waste called lactic acid that builds in our body during exercise.

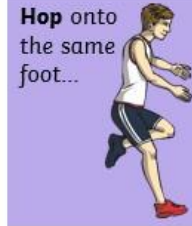
- Competition and Sportspersonship:**
- Compete against self
 - Compete against others
 - Measure distances of jumps and throws
 - Measure times of races
 - Celebrate in victory and act graceful in defeat

Standing Triple Jump Technique

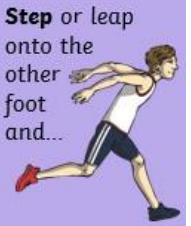
Start with one foot on the ground. Using your arms to propel you forwards...




Hop onto the same foot...



Step or leap onto the other foot and...



Jump (land) on both feet at the same time.



Theme: Athletics **Year: Year 5** **Subject: Physical Education**

- What should I already know/be able to do?**
- Select and maintain a running pace for different distances.
 - Demonstrate good running technique in a competitive situation.
 - Practise throwing with power and accuracy.
 - Throw safely and with understanding.
 - Explore different footwork patterns
 - Understand which technique is most effective when jumping for distance.

How will I use this learning in the future?
 In Year 6 I will perform a heave throw. I will recap and put athletic events together to make my own tri, pent and heptathlons.

What vocabulary should I learn?

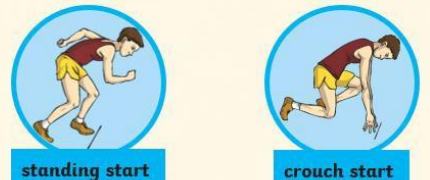
crouch start
 a starting position used in competitive running **endurance**
 the ability to remain active for a long period of time
fling throw
 the throwing technique needed to throw a discus **long distance**
 a run that covers a large distance
Olympic event
 the events competed in in the Olympic games **pace**
 the speed of walking or running **sprint start**
 starting positions used in sprints **stamina**
 the ability to keep up physical effort
standing start
 a starting position used in competitive running **vertical jump**
 an upwards jump that aims to get high
Other
 Pace, accuracy, communication, sprint, control, accuracy, technique, combine, distance, compete, stamina

- What should I be able to do by the end?**
- Use correct technique to run at speed.
 - Develop the ability to run for distance.
 - Throw with accuracy and power.
 - Identify and apply techniques of relay running.
 - Explore different footwork patterns.
 - Understand which technique is most effective when jumping for distance.
 - Learn how to use skills to improve the distance of a pull throw.

Why do we need to warm up?
 Increase heart rate
 Mobilise joints Stretch muscles
 Increase body temperature Reduce injury

Sprint Start Positions

Two common ways to start a sprint race are the **standing start** position and the **crouch start** position.



standing start **crouch start**

Track events

Pace Yourself to run the following distances:			
Sprints	Middle	Long Distance	Hurdles
100m	400m	1500m	100m
200m	800m	5000m	400m
4 x 100m relay	4 x 400 m relay		

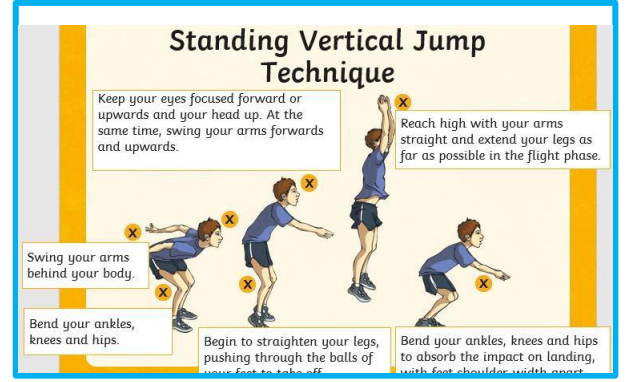
Why do we need to cool down?
 We cool down so that the body can return to how it was pre-exercise.
 This also helps our body to remove waste called lactic acid that builds in our body during exercise.

Competition and Sportspersonship:

- compete against self and others
- measure distances of jumps and throws
- measure times of races
- record times and distances and plan how to improve them
- celebrate in victory and act graceful in defeat

I should now be able to plan and lead my own warm ups and cool downs for others!

Standing Vertical Jump Technique



Keep your eyes focused forward or upwards and your head up. At the same time, swing your arms forwards and upwards.

Reach high with your arms straight and extend your legs as far as possible in the flight phase.

Swing your arms behind your body.

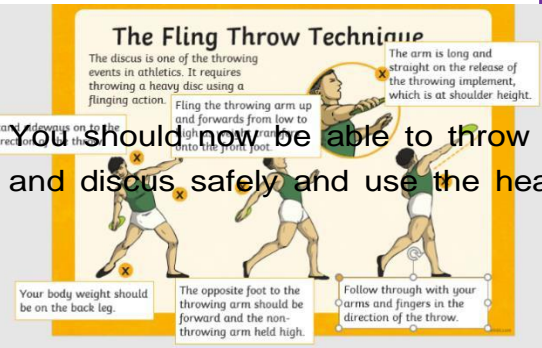
Bend your ankles, knees and hips.

Begin to straighten your legs, pushing through the balls of your feet to take off.

Bend your ankles, knees and hips to absorb the impact on landing, with feet shoulder width apart.

This would help you with the high jump or pole vault events in the Olympics!

The Fling Throw Technique



The discus is one of the throwing events in athletics. It requires throwing a heavy disc using a flinging action.

The arm is long and straight on the release of the throwing implement, which is at shoulder height.

Start by leaning on to the right and the left foot.

Fling the throwing arm up and forwards from low to high into the air.

Your body weight should be on the back leg.

The opposite foot to the throwing arm should be forward and the non-throwing arm held high.

Follow through with your arms and fingers in the direction of the throw.

You should now be able to throw shotput, javelin and discus safely and use the heavy shotputs!

There are four throwing events in athletics:
 -shotput -javelin
 -hammer -discus

Theme: Athletics

Year: Year 6

Subject: Physical Education

- What should I already know/be able to do?**
- Use correct technique to run at speed.
 - Develop the ability to run for distance.
 - Throw with accuracy and power.
 - Identify and apply techniques of relay running.
 - Explore different footwork patterns.
 - Understand which technique is most effective when jumping for distance.
 - Learn how to use skills to improve the distance of a pull throw.

How will I use this learning in the future?
 In KS3, I will develop my technique in all athletic areas. I will challenge myself to throw and jump further and higher and complete runs at quicker times. I will use more advanced equipment to develop my skills.

What vocabulary should I learn?

- What should I be able to do by the end?**
- Investigate running styles and changes of speed.
 - Practise throwing with power and accuracy.
 - Explore different footwork patterns.
 - Understand which technique is most effective when jumping for distance.

Running & Track

Pace yourself to run the following distances:

Sprint	Middle	Long Distance	Hurdles
100m	800m	5000m	100m
200m	1500m		400m
400m			
4 x 100m relay			
4 x 400m relay			

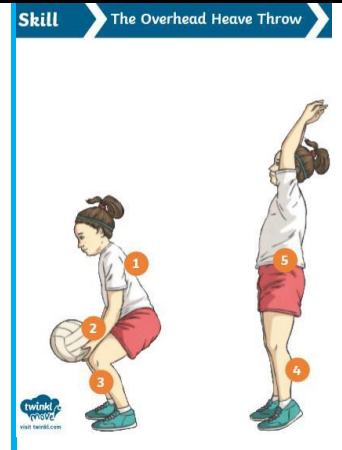
Be aware of these Olympic events:

Sprint	Middle	Long Distance	Hurdles	Steeplechase	Race Walk
100m	800m	5000m	100m	3000m	20km
200m	1500m	10000m	400m		50km
400m		Marathon			
4 x 100m relay					

Larger Events:
 Put together groups of individual events to make larger athletic events:
Heptathlon (7 events)
Decathlon (10 events)
 Measure distances and times and create points systems to score individuals across all events

Throw	Event
Push	Shotput
Pull	Javelin
Fling	Discus
Heave	Hammer

The **heave throw** is the throw used in the hammer throw!



- decathlon**
an athletic event in which each competitor takes part in the same prescribed ten events
- endurance**
the ability to endure an unpleasant or difficult process or situation without giving way
- heave throw**
the type of throw used to perform a hammer throw
- heptathlon**
an athletic event in which each competitor takes part in the same prescribed seven events
- spacing**
the speed you move at
- power**
the amount of force and effort put into a movement
- race tactic**
plans used to help race performance
- speed**
how fast a movement is made
- stamina**
the ability to sustain prolonged physical effort
- steeplechase**
a race involving water jumps
- Other**
Pace, accuracy, communication, sprint, control, accuracy, technique, combine, distance, compete, stamina
- Competition and Sportspersonship:**
 - compete against self and others
 - measure distances of jumps and throws
 - measure times of races
 - record times and distances and plan how to improve them
 - celebrate in victory and act graceful in defeat

Olympic Events
 Long Jump
 Triple Jump
 High Jump
 Pole Vault

Standing Long Jump
 A two-footed horizontal jump from a standing position.

Instructions
 Jump as far as possible from a standing position, with a two-footed take-off.
 Land on both feet.
 You are not required to hold the landing position and may step forward after the jump. However, if you step back, fall back or touch the mat or floor behind your heel, a no jump will be recorded.

Measure from the take-off line (skipping rope) to the back of the closest heel on landing.

Standing Vertical Jump
 A two-footed vertical jump from a standing position.

Instructions
Measuring your reaching height
 Stand with your back to the wall, feet flat on the floor and arms upstretched. With chalk mark the highest point reached with your fingertips.

Your Jumping Height
 Stand side-on to the wall. Hold the chalk in your hand that is closest to the wall. Jump as high as possible from a standing position, with a two-footed take-off. Make a chalk mark on the wall at the highest possible point. Land on both feet. Measure from the reaching height to the mark reached with the jump.

Standing Triple Jump
 A horizontal jump involving a hop, step and jump from a standing position.

Instructions
 Start by standing on one foot as close to the take-off line (skipping rope) as possible. Hop, step and jump in one continuous movement as far as possible from take-off. Land on both feet.
 You are not required to hold the landing position and may step forward after the jump. However, if you step back, fall back or touch the mat or floor behind your heel, a no jump will be recorded.

Measure from the take-off line (skipping rope) to the back of the closest heel on landing.