



## Physical Education – Summer 2 - Cycle A 2022/23 – Class 5 – Year 5/6 Athletics

| <p><b>Knowledge (NC)</b><br/>           Use running, jumping, throwing, and catching in isolation and in combination with increased accuracy.<br/>           Develop flexibility, strength, technique, control, and balance.<br/>           Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p><b>Character</b><br/>           Self-motivation - To set myself goals to improve in the run and throw challenge.<br/>           Self-motivation - To practise to improve my throwing and jumping skills.<br/>           Determination - To show willpower, when performing skills I find difficult, and not give up but keep trying.</p> | <p><b>Markers for Assessment</b><br/>           Can run, jump, throw, and catch in isolation and in combination with accuracy and varying speed.</p> <p>Can demonstrate improved flexibility, technique, control, and balance.</p> <p>Can use feedback to improve performances significantly.</p> <p>Demonstrate willpower and practise to improve.</p>  | <p><b>Below</b></p> | <p><b>Above</b></p> |
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| <p><b>Skills</b><br/>           To perform running techniques for short and long distances.</p> <p>To develop running for a distance.</p> <p>To develop running for speed.</p> <p>To develop running techniques at different speeds.</p> <p>To perform a pull and push throw.</p> <p>To perform a sling throw.</p>  | <p><b>Markers for Assessment</b><br/> <b>Sprinting</b><br/>           Head stable. and eyes focused forward<br/>           Arms drive vigorously forward and backward in opposition to legs.<br/>           Elbows bent at 90°(degrees).<br/>           High knee lift.<br/>           Heel coming in close to back of leg and up to bottom</p> <p><b>Pull throw</b><br/>           Arm straight and withdrawn to rear, Hand at shoulder height or above, shoulders sideways-on Opposite leg forward too throwing arm<br/>           Non-throwing arm in front of body<br/>           Transfer weight from rear to front foot<br/>           Bring arm and hand through fast and last</p> <p><b>Push throw</b><br/>           Object tucked into neck, hold with thumb and fingers ('clean palm, dirty neck').<br/>           Side on to the throw with feet slightly off line to each other (front toe in line with back heel)<br/>           Weight mainly over rear leg, knee a little bent, shoulders/head turned totally to rear.</p> | <p><b>Below</b></p> | <p><b>Above</b></p> |

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| <p>To take off and land one foot to one foot (same and other).</p> <p>To take off and land one foot to two.</p> <p>To take off and land using a combination of jumps.</p> <p>To take part in an athletics event and record times and distances.</p> <p><b>Y6 – ALL Assessment markers.</b></p>   | <p>Drive strongly from rear foot to front, and 'PUT' (i.e. PUSH object high and forwards, extending arm)</p> <p><b>Heave throw</b><br/>Have your back to the direction of the throw. Feet should be apart and the ball held in two hands between the legs. The ball is swung through the legs and over the head as the legs drive upwards. The arms are long and straight on release of the ball.</p> <p><b>Jumping</b><br/>Eyes focused forward. Head and trunk stable. Use arms for momentum and balance and free leg to assist re height and distance. Use heel-toe or 'full-foot' action (avoid landing exclusively on front part of feet) Try for landing with foot coming down and directly under body – not out in front then straighten to push off.</p> |  |  |
| <p><b>Prior Knowledge</b><br/>Use running, jumping, throwing, and catching in isolation and in combination.</p>  | <p><b>Vocabulary</b><br/>Full foot action, trunk, stability, landing, heave throw, push/pull throw, opposition, technique, personal best PB, willpower</p>   |  |  |
| <p><b>Prior Skills</b><br/>Basic pull throw, sling throw and push throw<br/>Standing long jump<br/>Pass a quoit/baton to a teammate in a relay with accuracy<br/>Perform a hop, step, and jump.<br/>Triple jump step with some accuracy</p>  |  |  |  |
| <p><b>Questions (potential 'hook' questions for lessons)</b><br/>Why is it important not to compare ourselves to others?<br/>Why is it important to set ourselves goals and be determined to achieve and improve our own performance?<br/>We are going to look at the character values self-motivation and determination.<br/>What is self-motivation?<br/>What is determination?<br/>Why do you think they are important?</p> | <p><b>Cross-Curricular/Enrichment</b><br/><b>MATHS</b><br/>Measures, Distances, calculations with distance<br/><b>SCIENCE</b><br/>Effects of exercise on the heart and other body systems<br/><b>Diamond 9</b><br/>Collaboration Resilient Challenge Independent</p>   |  |  |