

Newquay Junior Academy – Summer 1 Sequence – PE



YEAR 3

Prior knowledge... Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.

YEAR 4

Prior knowledge... Pupils should be able to identify that athletics includes running, jumping and throwing. They should have a developing technique and an understanding across all of these areas.

YEAR 5

Prior knowledge... Pupils should be able to identify that athletics includes running, jumping and throwing events. Pupils will be able to perform all of these with a sound technique.

YEAR 6

Prior knowledge... Pupils should be able to identify that athletics includes running, jumping and throwing events. Pupils will be able to sprint, run whilst pacing, participate in a relay with a baton change over, jump using a developing technique and throw with a developing technique.

INTENT

In ATHLETICS, pupils will acquire and develop fundamental skills that underpin athletic events. By developing these skills in a fun and inquisitive way it will enable them to be more successful in athletics events.

In ATHLETICS, pupils will continue to refine and develop fundamental skills. By developing these skills in a fun and inquisitive way it will enable them to be more successful in athletics events.

In ATHLETICS, pupils will continue to build on the fundamental skills they learnt in years 3 & 4. Pupils should be able to apply and develop their skills to enable them to perform Primary Athletic Events.

In ATHLETICS, pupils will continue to build on the fundamental skills they learnt in years 3,4 and 5. They will be able to perform in Primary Athletic events as well being able to evaluate and suggest ways to improve performance.

VOCABULARY / STICKY KNOWLEDGE

Technique Rules Pacing Sprinting Jumping Throwing Baton Changeovers

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Technique Rules Pacing Sprinting Jumping Throwing Baton Changeovers Strength Power Relay

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SEQUENCE OF LESSONS

- 1.To develop a solid sprint technique and apply it in a relay with an understanding of a baton changeover.
2. To understand the term 'pacing' and be able to jog for a sustained period without stopping or walking.
3. To be able to perform a variety of jumps safely and effectively.
4. To develop the skills used to participate in the triple-jump.
5. To develop skills to 'throw for accuracy'.
6. To acquire skills to 'throw for distance'.

- 1.To Understand why posture is important in sprinting. Be able to explore world-records and know the record holder for 100m sprint.
- 2.To be able to 'pace' themselves over a longer-distanced run with an understanding of using a sprint finish as a race strategy.
- 3.To be able to jump for distance and understand how to move their body to allow them to jump further.
4. To have a secure knowledge of each stage of the triple jump; hop, step, jump.
5. To be able to change the power and direction of a throw to ensure its on target.
6. To develop a solid throwing technique for a 'pull' throw.

- 1.To be able to sprint with a solid technique and understand the rules involved with a baton changeover in relay.
2. Understand the term 'pacing' and apply in a long-distanced run with a developing understanding of strategies.
3. To explore different types of jumps and be able to jump using a safe technique.
- 4.To explore different jumping combinations of hop, step, jump.
5. To be able to perform a 'pull' throw with a solid technique and understand the safety commands involved in throwing.
- 6.To understand the concept of a 'push' and 'sling' throw and be able to identify these in athletics events.

- 1.To be able to use a sprint start and run with a strong technique.
2. Be able to run for a long-distance using pace and strategy. Identify and recognise distance events within athletics.
3. To understand the safety aspects involved with jumping and be able to perform the standing-long jump in line with the rules.
- 4.To be able to link the hop, jump, step together to perform the standing triple jump in line with the rules.
- 5.To be able to identify a 'pull' throw and be able to throw for distance using a solid technique.
6. To understand the concept of a 'push' and a 'sling' throw and be able to participate in a chest push and throw using a good technique.

OUTCOME / COMPOSITE

Pupils will be able to identify that athletics includes running, jumping and throwing events. Pupils will be able to perform all of these with a developing technique.

Pupils will be able to identify that athletics includes running, jumping and throwing events. Pupils will be able to perform all of these with a sound technique.

Pupils will be able to identify that athletics includes running, jumping and throwing events. Pupils will be able to sprint, run whilst pacing, participate in a relay with a baton change over, jump using a developing technique and throw with a developing technique.

Pupils will be able to participate in all primary athletics events with a secure technique. They will be able to evaluate their own and others performances and suggest ways of improvement.