

Year 5/6 PE Unit Planning

Cycle: A Summer Term: Athletics (Year 6 Unit)

<p>Prior Learning: Health and fitness: Describe how the body reacts at different times and how this affects performance Explain why exercise is good for your health Know some reasons for warming up and cooling down Running: Confidently demonstrate an improved technique for sprinting Carry out an effective sprint finish Perform a relay, focussing on the baton changeover technique Speed up and slow down smoothly Jumping: Learn how to combine a hop, step and jump to perform the standing long jump Land safely and with control Begin to measure the distance jumped Throwing: Perform a pull throw Measure the distance of their throws Continue to develop techniques to throw for increased distance Compete and perform: Perform and apply skills and techniques with control and accuracy Take part in a range of competitive games and activities Evaluate: Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements Modify their use of skills or techniques to achieve a better result</p>	<p>Statutory Requirement in National curriculum play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>
<p>Key Vocabulary for teacher reference</p> <p>Down sweep – action of receiving a baton from above to a low hand Sprint – fastest running Acceleration – building up speed Relay – team event where a baton is passed around by athletes Baton exchange – passing the baton from one athlete to another Changeover zone – the area on a track where the baton is passed from one runner to the next in a relay Heave throw – a throw where one has their back to the direction of throw.</p>	<p>Disciplinary knowledge: Year 5: Know and understand reasons for warming up and cooling down; explain safety principles for preparing for and during exercise. Accelerate from a variety of starting positions, select preferred position, identify reaction times in a sprint start. Continue to practise and refine effective sprinting, throwing and jumping techniques; select appropriate pace for different distances and parts of runs in order to maintain a sustained run, demonstrate endurance and stamina, explaining its importance for runners. Investigate different jumping techniques. Land safely and maintain control during parts of jumps Improve techniques for running, jumping, and throwing, including for distance where appropriate (standing long jump, standing vertical) Perform and apply a variety of techniques consistently and with precision Take part in competitive games with a strong understanding of tactics and composition Explain why they have used skills and techniques, and the effect they have had on their performance Year 6: Understand the importance of warming up and cooling down; carrying out warm ups effectively and safely; understand why exercise is good for fitness, health and wellbeing; know ways to become healthier. Recap, practise and refine effective sprinting, throwing and jumping techniques; select appropriate pace for different distances and parts of runs, demonstrate endurance and stamina. Land safely and maintain control during parts of jumps Perform and apply a variety of techniques confidently, consistently and with precision Take part in competitive games with a strong understanding of tactics and composition Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</p>

	<p>Lesson 1: Athletic Fundamentals How do you respond quickly when running and catching? Keep your eye on the ball at all times. (catching) Keep your hands open and held out in front of your body. (catching) Stand on balls of feet with one leg in front of the other. (running) Face the way you will run. (running) Focus on given signal and isolate it from other noises (running)</p>	<p>Lesson 2: Sprint relays How do you perform the correct relay sprint technique? Stay alert. Be light on the feet Pump arms forwards and backwards while running Make sure hips are fully flexed while running Control balance and speed while running, slowing down Use the downsweep technique to pass the baton Use the changeover zone to pass the baton Use opposite hands to pass/receive the baton Communicate well with relay teammates</p>
	<p>Lesson 3: Middle Distance and Long Distance running How do you control your running pace over different distances? Alter speed according to the distance of a race Run at 50%, 25% speed Face forwards keeping head erect but relaxed Rhythmic arm and leg movements Pick up pace to overtake another Pump arms forwards and backwards while running Use heel – toe footwork</p>	<p>Lesson 4: How do you hurdle using the correct technique? React quickly to the starting whistle Accelerate on approach to the 1st hurdle Clears the hurdles Runs between hurdles with speed and fluency Uses the same lead leg Uses '1,2,3 over' spoken to self Demonstrates coordination and rhythm Sprints to the finish line</p>
	<p>Lesson 5: How do you jump for height? How do you jump for distance?</p> <ul style="list-style-type: none"> • Standing long jump Bend ankles, knees and hips. Keep eyes focused forward. Swing arms behind body. Straighten legs. Both feet leave the ground together. Arms swing forward and up. Land on both feet at the same time. Ankles, knees and hips bend to absorb impact. • Standing triple jump Start with one foot on the ground. Hop onto the same foot. Step onto the other foot. Leap and land on both feet at the same time (this is the jump phase). Ankles, knees and hips bend to absorb impact on landing. Drive the knees high and fast. Keep eyes focused forward. Arms swing forward and up during the jump phase. • Standing high jump Start with feet slightly apart. Bend ankles, knees and hips. Extend legs quickly at take-off. Reach inside arm to the wall. Ankles, knees and hips bend to absorb impact on landing 	<p>Lesson 6: How do you throw for distance using the heave throw technique? Heave throw: Back facing the direction of the throw feet shoulder width apart Hold the ball with two hands Bend down, swinging the ball between your legs Straighten your legs while swinging the ball upwards and backwards over the head The back should be kept upright and the arms long and straight Throw ball accurately and safely in a game situation using the above technique</p>

