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| **Year 4 – Autumn 2 & Summer 2**  **Athletics** |
| **Vocabulary**  **Run, throw, jump, power, speed, stamina, sprint, agility, endurance, breathing, oxygen, carbon dioxide, lactic acid, technique, stride length, pace, baton, handover, distance, time, javelin, technique, conserving energy, scissor technique, high jump, hurdles** |
| **People**  **Roger Bannister**  **Caster Semenya**  **Michael Johnson**  **Usain Bolt**  **Daley Thompson**  **Kathy Freeman**  **Tess Sanderson**  **Steve Backley**  **Mo Farah**  **Jess Ennis**  **Wayde Van Niekirk** |
| **Places**  **Cumberland arena (local)**  **Olympic stadium (London- olympic host venue)**  **Club Link – Crewe and Nantwich Athletics club** |
| **Events**  **Olympics (every 4 years – next Tokyo 2020) – last home Olympics London 2012**  **World Championships (Every 2 years – Next Doha 2019)**  **School sports day** |
| **Knowledge and Skills – Basic Level** |
| **Knowledge**:  Can I understand some parts of what happens to our body during events?  Can I understand the importance of a healthy and active lifestyle?  Can I understand the some of the technique for clearing hurdles? |
| **Skills**:  Can I run over a short distance, conserving some energy to sustain performance?  Can I throw with the correct technique at a short distance?  Can I jump in the correct way?  Can I understand why people use the scissors kick technique when performing a high jump?  Can I pass a relay baton when running?  Can I compete with others in some events?  Can I go over low hurdles? |
| **Knowledge and Skills – Core Intermediate Level** |
| **Knowledge**:  Can I understand what happens to our body during longer distance events?  Can I understand and explain the importance of a healthy and active lifestyle to a partner?  Can I understand the technique for clearing hurdles? |
| **Skills**:  Can I run over a longer distance, conserving energy?  Can I throw with the correct technique and accuracy to hit a target?  Can I jump in a number of ways, using a run up if appropriate?  Can I explain to others why using the scissors kick technique is essential when performing a high jump?  Can I pass a relay baton face to face when running at speed?  Can I compete with others and aim to improve one of my personal best performances?  Can I combine sprinting with low hurdles at a short distance? |
| **Knowledge and Skills – Advanced Level** |
| **Knowledge**:  Can I understand what happens to our body during long and short distance events?  Can I understand the importance of a healthy and active lifestyle and explain this to the class?  Can I understand the technique for clearing hurdles at speed? |
| **Skills**:  Can I run over a longer distance, conserving energy to sustain performance and keep a constant speed?  Can I throw with the correct technique and accuracy to hit a target or cover a distance e.g. a javelin?  Can I jump in triple jump long jump and high jump, using a run up if appropriate?  Can I use the scissors kick technique when performing a high jump?  Can I pass a relay baton face to face and one behind the other when running at different speeds?  Can I compete with others and aim to improve personal best performances?  Can I combine sprinting with low hurdles over 60m? |