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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? |