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| **Year 5/6 Summer Term****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, analyse, refine, develop, triple jump,**  |
| **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**:I am aware of some of the correct technique for short distance running events?I am aware of some of the correct technique for long distance running events? |
| **Skills**:Can I sometimes choose the best pace for running over a variety of distances?Can I compete with some others and keep track of personal best performances?Can I run with the correct technique for some long distance running events?Can I be aware of and can throw with the correct technique for javelin?Can I be aware and can jump with the correct technique for long jump events?Can I run with the correct technique for some short distance running events? |
| **Knowledge and Skills – Core Intermediate Level** |
| **Knowledge**:I am aware of the correct technique for short distance running events?I am aware of the correct technique for long distance running events? |
| **Skills**:Can I mostly choose the best pace for running over a variety of distances?Can I compete with others and keep track of personal best performances, setting targets for improvement?Can I run with the correct technique for most long distance running events?Can I be aware and can throw with the correct technique for javelin and weighted ball events?Can I be aware and can jump with the correct technique for long jump and high jump events?Can I run with the correct technique for most short distance running events? |
| **Knowledge and Skills – Advanced Level** |
| **Knowledge**:I am aware of the correct technique for short distance running events and can explain when I have seen these in action?I am aware of the correct technique for long distance running events and can explain when I have seen these in action? |
| **Skills**:Can I always choose the best pace for running over a variety of distances?Can I compete with others and keep track of personal best performances, setting targets for improvement and identify weaknesses?Can I run with the correct technique for all long distance running events?Can I be aware and throw with the correct technique for javelin and weighted ball events and beat my personal best?Can I be aware and can jump with the correct technique for triple jump, long jump and high jump events?Can I run with the correct technique for all short distance running events? |