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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? |