

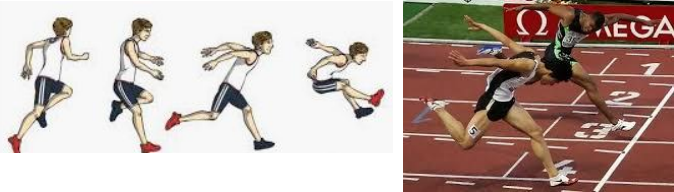


ALMOND HILL JUNIOR SCHOOL MEDIUM TERM PLAN

TOPIC TITLE/SUBJECT: Athletics

YEAR GROUP: 4

TERM: Spring 2

<p>Vocabulary</p> <ul style="list-style-type: none"> • Running • Jumping • Throwing • Sprint • Distance • Pace • Stamina • Trail leg • Lead leg • Baton <ul style="list-style-type: none"> • Changeover • Take off • Landing • Flight phase • Control • Accuracy • Pull throw 	<p align="center">Skills</p> <p>Running</p> <ul style="list-style-type: none"> • 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. <p>Jumping</p> <ul style="list-style-type: none"> • Learn how to combine a hop, step and jump to perform the standing triple jump. • Land safely and with control. • Begin to measure the distance jumped. <p>Throwing</p> <ul style="list-style-type: none"> • Perform a pull throw. • Measure the distance of their throws. • Continue to develop techniques to throw for increased distance. 	<p align="center">What we already know</p> <ul style="list-style-type: none"> • At KS1, children have practised running with a basic technique over different distances. They will have performed different types of jumps (two to one, two to two, one to two, one to same, one to other) and practised jumping as high and as far as possible. They will have practised throwing different types of equipment using underarm and overarm techniques. • In year 3, children practised improving their sprinting technique, running over hurdles and adjusting their pace to suit different distances being run. They practised performing a standing long jump and throwing over different distances with increased control.
<p>Illustration</p> 	<p>Application/ Outcomes</p> <p>Children will practise the above skills in isolation for individual as well as team performances. They will compete as part of a team using the skills in sports day events.</p>	<p>Concepts</p> <ul style="list-style-type: none"> • Body positioning • Pace • Speed • Stamina • Changeovers • Finishes • Take off • Landing • Grip
<p>Other/Cross Curricular Links</p> <ul style="list-style-type: none"> • Maths – distance – measuring and recording, speed, time – measuring and recording, height – measuring and recording. • PSHCE – setting goals, challenging yourself, cooperation., relationships, teamwork. 		<p>Adaptation for SEND</p> <ul style="list-style-type: none"> • Adapted equipment e.g. for throwing –lighter / heavier, bigger / smaller objects. • Simplified skills / adapted practices • Practising skills in isolation • Shorter distances • Less people in team situations • Selected learning partners