



**ALMOND HILL JUNIOR SCHOOL MEDIUM TERM PLAN**

**TOPIC TITLE/SUBJECT: Sports Hall Athletics**

**YEAR GROUP: 4**

**TERM: Summer 2**

<p><b>Vocabulary</b></p> <ul style="list-style-type: none"> <li>• Running</li> <li>• Jumping</li> <li>• Throwing</li> <li>• Sprint</li> <li>• Distance</li> <li>• Pace</li> <li>• Stamina</li> <li>• Trail leg</li> <li>• Lead leg</li> <li>• Baton</li> <li>• Changeover</li> <li>• Take off</li> <li>• Landing</li> <li>• Flight phase</li> <li>• Control</li> <li>• Accuracy</li> <li>• Pull throw</li> </ul>	<p><b>Skills</b></p> <p><b>Running</b></p> <ul style="list-style-type: none"> <li>• Confidently demonstrate an improved technique for sprinting.</li> <li>• Carry out an effective sprint finish.</li> <li>• Perform a relay, focussing on the baton changeover technique.</li> <li>• Speed up and slow down smoothly.</li> </ul> <p><b>Jumping</b></p> <ul style="list-style-type: none"> <li>• Learn how to combine a hop, step and jump to perform the standing triple jump.</li> <li>• Land safely and with control.</li> <li>• Begin to measure the distance jumped.</li> </ul> <p><b>Throwing</b></p> <ul style="list-style-type: none"> <li>• Perform a pull throw.</li> <li>• Measure the distance of their throws.</li> <li>• Continue to develop techniques to throw for increased distance.</li> </ul>	<p><b>What we already know</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• In year 3 and summer 1 of year 4, children practised improving their sprinting technique and adjusting their pace to suit different distances being run. They practiced performing standing long jumps and triple jumps and throwing over different distances with increased control.</li> </ul>
<p><b>Illustration</b></p>	<p><b>Application/ Outcomes</b></p> <p>Children will practise the above skills as part of a circuit to form the events in a sports hall athletics competition:</p> <ul style="list-style-type: none"> <li>• Javelin</li> <li>• Speed bounce</li> <li>• Standing long jump</li> <li>• Standing triple jump</li> <li>• Chest push</li> <li>• 1+1 lap relay</li> <li>• 2+2 lap relay</li> <li>• 6 lap paarlauf</li> <li>• 4x1 relay</li> </ul>	<p><b>Concepts</b></p> <ul style="list-style-type: none"> <li>• Body positioning</li> <li>• Pace</li> <li>• Speed</li> <li>• Stamina</li> <li>• Changeovers</li> <li>• Finishes</li> <li>• Take off</li> <li>• Landing</li> <li>• Grip</li> </ul>
<p><b>Other/Cross Curricular Links</b></p> <ul style="list-style-type: none"> <li>• Maths – distance – measuring and recording, speed, time – measuring and recording.</li> <li>• PSHCE – setting goals, challenging yourself, cooperation., relationships, teamwork.</li> </ul>		<p><b>Adaptation for SEND</b></p> <ul style="list-style-type: none"> <li>• Adapted equipment e.g. for throwing –lighter / heavier, bigger / smaller objects.</li> <li>• Simplified skills / adapted practices</li> <li>• Practising skills in isolation</li> <li>• Shorter distances</li> <li>• Less people in team situations</li> <li>• Selected learning partners</li> </ul>