




ALMOND HILL JUNIOR SCHOOL MEDIUM TERM PLAN

TOPIC TITLE/SUBJECT: Athletics

YEAR GROUP: 6

TERM: Summer 1

<p>Vocabulary</p> <ul style="list-style-type: none"> Running Jumping Throwing Sprint Sprint start Reaction time Distance Pace Stamina Trail leg Lead leg Stride pattern Accelerate Changeover Take off Landing Flight phase Control Accuracy Heave throw Technique Personal best 	<p>Skills</p> <p><u>Running</u></p> <ul style="list-style-type: none"> Recap, practise and refine an effective sprinting technique, including reaction time. Build up speed quickly for a sprint finish. Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern. Accelerate to pass other competitors. Work as a team to competitively perform a relay. Confidently and independently select the most appropriate pace for different distances and different parts of the run. Demonstrate endurance and stamina over longer distances in order to maintain a sustained run. <p><u>Jumping</u></p> <ul style="list-style-type: none"> Develop the technique for the standing vertical jump. Maintain control at each of the different stages of the triple jump. Develop and improve their techniques for jumping for height and distance and support others in improving their performance. Perform and apply different types of jumps in other contexts. Set up and lead jumping activities including measuring the jumps with confidence and accuracy. <p><u>Throwing</u></p> <ul style="list-style-type: none"> Perform a heave throw. Measure and record the distance of their throws. Continue to develop techniques to throw for increased distance and support others in improving their personal best. Develop and refine techniques to throw for accuracy. 	<p>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 lower KS2, children practised improving their sprinting technique, running over hurdles and adjusting their pace to suit different distances being run. They have practised how to effectively perform baton changeovers as well as speeding up and slowing down smoothly. They practiced performing a standing long jump, standing triple jump and throwing over different distances with increased control using push and pull throws. In year 5, children have refined their technique for sprinting. They have an awareness of pacing themselves for different distances and have had experience of running longer distances during cross country units. They have practised the technique for a vertical jump as well as performing a fling throw for distance.
<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 Personal best Target setting
<p>Other/Cross Curricular Links with English/Maths</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 	