



## ALMOND HILL JUNIOR SCHOOL MEDIUM TERM PLAN

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

**YEAR GROUP:** 6

**TERM:** Spring 1

<p><b>Vocabulary</b></p> <ul style="list-style-type: none"> <li>• Running</li> <li>• Jumping</li> <li>• Throwing</li> <li>• Sprint</li> <li>• Sprint start</li> <li>• Reaction time</li> <li>• Distance</li> <li>• Pace</li> <li>• Stamina</li> <li>• Trail leg</li> <li>• Lead leg</li>   <li>• Stride pattern</li> <li>• Accelerate</li> <li>• Changeover</li> <li>• Take off</li> <li>• Landing</li> <li>• Flight phase</li> <li>• Control</li> <li>• Accuracy</li> <li>• Technique</li> <li>• Personal best</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <p><b>Running</b></p> <ul style="list-style-type: none"> <li>• Recap, practise and refine an effective sprinting technique, including reaction time.</li> <li>• Build up speed quickly for a sprint finish.</li> <li>• Accelerate to pass other competitors.</li> <li>• Work as a team to competitively perform a relay.</li> <li>• Confidently and independently select the most appropriate pace for different distances and different parts of the run.</li> <li>• Demonstrate endurance and stamina over longer distances in order to maintain a sustained run.</li> </ul> <p><b>Jumping</b></p> <ul style="list-style-type: none"> <li>• Develop the technique for the standing vertical jump.</li> <li>• Maintain control at each of the different stages of the triple jump.</li> <li>• Develop and improve their techniques for jumping for height and distance and support others in improving their performance.</li> <li>• Perform and apply different types of jumps in other contexts.</li> <li>• Set up and lead jumping activities including measuring the jumps with confidence and accuracy.</li> </ul> <p><b>Throwing</b></p> <ul style="list-style-type: none"> <li>• Measure and record the distance of their throws.</li> <li>• Continue to develop techniques to throw for increased distance and support others in improving their personal best.</li> <li>• Develop and refine techniques to throw for accuracy.</li> </ul>	<p style="text-align: center;"><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 lower KS2, children practised improving their sprinting technique 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.</li> <li>• 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 throwing a range of implements using different techniques.</li> </ul>				
<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> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"> <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> </ul> </td> <td style="width: 50%; border: none;"> <ul style="list-style-type: none"> <li>• Vertical jump</li> <li>• 1+1 lap relay</li> <li>• 2+2 lap relay</li> <li>• 6 lap paarlauf</li> <li>• 4x1 relay</li> </ul> </td> </tr> </table>		<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> </ul>	<ul style="list-style-type: none"> <li>• Vertical jump</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> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"> <ul style="list-style-type: none"> <li>• Body positioning</li> <li>• Pace</li> <li>• Speed</li> <li>• Stamina</li> <li>• Changeovers</li> </ul> </td> <td style="width: 50%; border: none;"> <ul style="list-style-type: none"> <li>• Finishes</li> <li>• Take off</li> <li>• Landing</li> <li>• Grip</li> <li>• Personal best</li> <li>• Target setting</li> </ul> </td> </tr> </table>	<ul style="list-style-type: none"> <li>• Body positioning</li> <li>• Pace</li> <li>• Speed</li> <li>• Stamina</li> <li>• Changeovers</li> </ul>	<ul style="list-style-type: none"> <li>• Finishes</li> <li>• Take off</li> <li>• Landing</li> <li>• Grip</li> <li>• Personal best</li> <li>• Target setting</li> </ul>
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<p><b>Other/Cross Curricular Links with English/Maths</b></p> <ul style="list-style-type: none"> <li>• Maths – distance – measuring and recording, speed, time – measuring and recording, height – 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>					