



**ALMOND HILL JUNIOR SCHOOL MEDIUM TERM PLAN**

**TOPIC TITLE/SUBJECT: Athletics**

**YEAR GROUP: 5**

**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> </ul> <ul style="list-style-type: none"> <li>• Lead leg</li> <li>• Changeover</li> <li>• Take off</li> <li>• Landing</li> <li>• Flight phase</li> <li>• Control</li> <li>• Accuracy</li> <li>• Fling throw</li> <li>• Technique</li> </ul>	<p align="center"><b>Skills</b></p> <p><b>Running</b></p> <ul style="list-style-type: none"> <li>• Accelerate from a variety of starting positions and select their preferred position.</li> <li>• Identify their reaction times when performing a sprint start.</li> <li>• Continue to practise and refine their technique for sprinting, focusing on an effective sprint start.</li> <li>• Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run.</li> <li>• Identify and demonstrate stamina, explaining its importance for runners.</li> </ul> <p><b>Jumping</b></p> <ul style="list-style-type: none"> <li>• Improve techniques for jumping for distance.</li> <li>• Perform an effective standing long jump.</li> <li>• Perform the standing triple jump with increased confidence.</li> <li>• Develop an effective technique for the standing vertical jump (jumping for height) including take-off and flight.</li> <li>• Measure the distance and height jumped with accuracy.</li> <li>• Investigate different jumping techniques.</li> </ul> <p><b>Throwing</b></p> <ul style="list-style-type: none"> <li>• Perform a fling throw.</li> <li>• Throw a variety of implements using a range of throwing techniques.</li> <li>• Measure and record the distance of their throws.</li> <li>• Continue to develop techniques to throw for increased distance.</li> </ul>	<p 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, 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 practised performing a standing long jump, standing triple jump and throwing over different distances with increased control using push and pull throws.</li> </ul>
<p><b>Application/ Outcomes</b></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><b>Concepts</b></p> <ul style="list-style-type: none"> <li>• Body positioning</li> <li>• Pace</li> <li>• Speed</li> <li>• Stamina</li> <li>• Finishes</li> <li>• Reaction times</li> <li>• Take off</li> <li>• Landing</li> <li>• Grip</li> <li>• Technique</li> </ul>
<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>• 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> <li>• Adapted equipment e.g. for throwing – lighter / heavier, bigger / smaller objects.</li> </ul>	