

Things I should be able to talk about

- Consolidate and improve the **quality, range and consistency** of your physical techniques—running, jumping, throwing, combination
- Choose and use simple tactics and strategies in different situations.
- To know the short-term effects of exercise on the body
- To measure the short-term effects of exercise on the body
- Describe how the body reacts to different types of activity
- Describe and evaluate the effectiveness of performances

Vocab

- **Tactics**—an action or strategy carefully planned to achieve a specific goal
- **Short-term effects**— increased heart rate; increased breathing rate, muscle temperature rises.
- **Spatial awareness**—finding a space to be safe.



Jesse Owens
USA
1913-1980
Sporting achievement—Broke 5 world records and equalled a sixth in the space of 45 minutes.

New knowledge and skills

Running for speed	Running over obstacles	Running for distance	Throwing (pull and push)	Throwing (Fling and heave)
Awareness of time, distance and speed How to accelerate quickly from a stationary position	Fluency and rhythm in movements Spatial awareness, judging height and distance Choose and apply appropriate stride patterns	Awareness of speed and pace judgement Fluency in running and walking activities Understand what happens to our bodies with exercises	Send an object for accuracy (look, arm movement behind head) Awareness of distance Different throwing techniques	Send an object for accuracy (look, discuss arm movement around body/back to throwing area, ball between legs with two hands, ball swung over head) Different throwing techniques
Jumping for distance	Jumping for height	Combination	Relays	Multi-Event Team
Taking off and landing in a fluent motion Body position in flight Using a variety of jumps	Variety of jumping techniques (knees bent, crouching slightly, arms to propel) Jump with coordination and control (landing with two feet/one foot) Different body positions for starting/flying/landing.	Different combinations of jumps (1 foot to other foot, 1 to 1, 1 to 2, 2 to 2, 2 to 1) Fluency and control in combination jumps Choose different jumps for strategy.	Team work—effective communication, relationships Passing/receiving the baton (drop into hand, not throw, eyes looking in direction of movement) Changeovers	Team work—effective communication, Relationships Use multiple skills in competition Improve personal best

Year 5 and 6 Athletics