

## Medium Term Plan: Supporting Implementation of LTP/Progression Grid

**Subject:** KS1 Year A - Athletics

**Key Concept- Concepts:** Joy of movement, personal challenge, building resilience, Critical thinking, and action.

**POS aims from NC:**

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

### **Prior Learning (what pupils already know and can do)**

- To know how to run, jog, sprint, speed up and slow down.
- To know how to balance, stand on one leg, link running and jumping movements.
- To know how to move safely, confidently, to chase, dodge and invade.
- Know how to use a variety of equipment, resources, observe and copy what others have done.
- To be able to talk about what they are doing using appropriate vocabulary, listen and follow simple instructions and rules.

### **Long-term Learning (what pupils MUST know and remember) End Goals**

#### **Sprint and Long jump**

- To know the rules and stages of a sprint race and be able to follow them
- To know the technique and posture required for a successful short distance run and know about acceleration and deceleration
- To know the rules and stages of a long jump and be able to follow them with some accuracy
- To know the correct posture and technique required for a successful long jump

#### **Key Vocabulary**

Fast, backwards stop, start, safely, pump arms, run, forwards, slow, head up, drive, lift knees, kicking horses, hop, skip, step, aim, fast, medium, slow, flight, head up, bottom down, big arms, acceleration, deceleration, endurance, strength.

**Session 1 – To develop confidence and some understanding of safety through participation in a range of movement activities. To develop body awareness through varying body movements, e,g change of speed and direction. To be able to perform the basic technique for an effective sprint start and to be able to respond appropriately to the instructions “on your marks, get set, go!”**

- To know how to move safely and to demonstrate a change in pace (walk, jog, sprint).
- To know how to run with the correct technique over a short distance whilst running in a straight line within a lane.
- To know how to move with control, coordination.
- To know and understand why running is important.
- To know how to accelerate over a short distance.
- To know how to keep head and trunk stable and eyes focused forwards.
- To know how to respond to the start of a race.

Healthy Participation – To discuss the importance of speed, power, stamina and strength to be able to effectively sprint. Show a clip of Usain Bolt setting the 100m world record in Berlin. <https://youtu.be/DiJKCQSkjOw>

Vocabulary – Head up, stable body position, eyes looking forward, elbows bent, lean, drive, speed, high knees, kick back, big arms, pump arms, acceleration, deceleration, endurance, strength.

**Session 2 – To perform basic jumping movements including jumping for height and jumping for distance. To be able to perform a safe standing long jump with a two-foot landing. To know how to use arms to increase the distance of the jump with a one-step take off.**

- To identify dominant take off leg and to perform a jump with one and two foot take offs.
- To know how to correctly control landing with one and two feet.

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- To know how to swing arms to drive the jump during take-off.
- To know how correctly swing arms and stretch out during flight.
- To know how to land with bent knees to soften the impact by “landing like a frog”.

**Show clips from the Men long jump final in Tokyo 2020. <https://youtu.be/ETKoIKjq2K8>**

Healthy Participation – Discuss the benefits of warming up before PE (raising body temperature and increasing blood flow to muscles) and the effects that a good warm up can have on performance. Discuss the effects of an effective cool down to reduce muscle soreness, lessen your risk of injury.

Vocabulary – Take off, landing, two feet, one foot, take off leg/foot, drive, landing, strides, jump, height, flight.

**Session 3 – To be able to perform the basic technique for an effective sprint finish. To be able to participate in a race situation and discuss what happens at the finish line.**

- To explore different ways of moving in personal and general space.
- To perform the correct technique by keeping the body upright, using arms and driving forwards.
- To know how to perform the correct sprint finish in a race and how to respond to feedback.
- To understand the importance of showing good sportsmanship in race situations.

Healthy Participation – To discuss why we need to sprint in other sports and why being a fast runner can benefit performance in other sports. Show a clip of the fastest football players and how they use speed to outwit opponents and score goals. <https://youtu.be/YhpnEygRitI>

Vocabulary – Head up, stable, eyes looking forward, elbows bent, lean, drive, speed, high knees, kick back, big arms, pump arms, acceleration, deceleration, endurance, strength.

**Session 4 – To be able to perform the correct basic technique of a long jump. To know how to complete each phase of a basic long jump from 4-6 strides. To observe, make judgements and provide feedback to peers.**

- To know how to link the one stride step with a jump, walk and jog approach.
- To understand the importance of how a run up of 4-6 steps improves jump distance.
- To know how to decide which foot to take off with.
- To know that the take-off foot is the one that hits the take-off bar/tape.
- To know how to plant take off foot flat on ground.
- To know how to mark out run up and jump for distance not height.

Healthy Participation – Highlight the benefits of taking part in athletics on your long-term health. Discuss the benefits of being healthy and active. Discuss options for local athletics clubs in the area. Make links- Warrington Athletics Club and Victoria Park Athletics.

Vocabulary – Take offs, landing, two feet, one foot, take off leg/foot, drive, landing, strides, jump, height, flight

**Session 5 – To be able to demonstrate good sportsmanship in race situations. To be accepting of winning or losing and acknowledge how to cope with losing. To know how to show empathy towards others and the importance of always trying again.**

**To practise breathing techniques in the classroom inhaling and exhaling. <https://youtu.be/iJEJnH4LKmM>**

- To develop confidence when sprinting and know how to use acceleration and deceleration.
- To know how to create more power using choppy arms, high knees and sustain form.
- To know how to start from a crouch position.
- To know the importance of a dip finish and stay focused on my own performance.
- To know how to control breathing when running.
- To know how in inhale and exhale using both nose and mouth.

Healthy Participation – To know the importance of having regular drink breaths throughout the PE lesson. To understand that if you are sweating, it is important to drink water to replace the fluids lost when sweating.

Vocabulary – Head up, stable, eyes looking forward, elbows bent, lean, drive, speed, high knees, kick back, big arms, pump arms, acceleration, deceleration, endurance, strength.

**Session 6 – To be able to attempt the full long jumping action from a longer approach run (10 strides). To be able to complete all four components of a successful long jump, including run up, take off, flight and landing. To observe, make judgements and provide feedback to peers.**

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- To know how to use an effective long jump technique.
- To know how to explore a variety of different running styles.
- To know how to use arms to help power me forward when jumping.
- To know how to make your last stride shorter.
- To know what is deemed a no jump and to identify a no jump of other pupils.
- To know how to measure jumps and record and how to compare data with other pupils.

Healthy Participation – Discuss the importance of cooling down that it allows for a gradual recovery, helps to regulate blood flow, preventing injuries such as muscle tears etc.

Vocabulary – Take offs, landing, two feet, one foot, take off leg/foot, drive, landing, strides, jump, height, flight.

Future learning this content supports:

This unit will support future athletics in LKS2. It will also support them during their autumn term topics which are tag rugby and football helping them to transfer the skills across. Pupils will have improved their top speed, improved acceleration, increased their muscle growth, be able to recover quick and have more endurance throughout.

**Cross Curricular Links:** Literacy (key words), Citizenship (sportsmanship & cooperation), Science (muscle names, bodily functions, and healthy lifestyle consequences), Math's (measuring distances, collating data & comparing recordings against other bests).