

Medium Term Plan: Supporting Implementation of LTP/Progression Grid

Subject: LKS2 Year B - Athletics

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

POS aims from NC:

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating, and competing. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- Use running, jumping, throwing, and catching in isolation and in combination.
- Play competitive games, modified where appropriate (for example, badminton, basketball, cricket, football, hockey, netball, rounders, and tennis), and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control, and balance (for example, through athletics and gymnastics)
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity challenges both individually and within a team.
- compare their performances with previous ones and demonstrate improvement to achieve their personal be.

Prior Learning (what pupils already know and can do)

- Experience running, jumping, and throwing in some type of athletic form.
- Use running, jumping, throwing, and catching in insolation and in combination.
- Used a variety of athletics equipment e.g., bats, balls, beanbags.
- To know how to catch, throw and send into target areas.
- Know how to move in different ways on their feet, throw a variety of objects and link running and jumping activities with some fluency.
- Know how to play competitive games and apply basic skills.
- Compare performance and know how to make improvements to achieve personal bests.

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

Long distance pace running 1500m, Discus, Shot put.

- To know how to run over a long distance (1500m) and use pace to spread energy across the whole race.
- To know why it is important to have good stamina when running over a long distance.
- To know how to develop technique to throw a discus for increased distance and successfully use a fling throw.
- To know the safety principles of throwing and collecting equipment.
- To know how to throw a shot put using the correct technique and demonstrate an explosive shot putt throw.

Key Vocabulary

improve, power, technique, compete, short/long distance, confidence, resilience, pace, height, distance, strength, endurance, stride

Session 1 –To develop and maintain a better running technique. To be able to perform the 1500m race refining ability to pace the performance to sustain pace for the duration of the race. To understand components of fitness involved in longer distance races. To be able to provide effective feedback to peers.

To watch clips to gain knowledge of the correct technique and support peers.

- To perform changes in pace between a walk, jog, run and sprint.
- To know how to chase, dodge and evade.
- To know how to run over a long distance and use pace to spread energy across the whole race.
- To know how to run using an even stride length and pick a suitable pace for the distance and their fitness level.
- To know how to identify and demonstrate stamina, explaining its importance for runners.
- To know that chest is forward and shoulders back when running, head upright and eyes focused forward.
- To know that the arms swing close to the body at 90-degree angles (choppy arms).

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Healthy Participation –To discuss the importance of having good stamina in PE and why it is important for long distance running. To know how your body feels when you are exercising and the reasons why exercise is important

To show a video clip of the Mo Farah running 1500 metres Glasgow 2012. <https://youtu.be/yCBsoXVAEoo>

Vocabulary – Speed, confidence, resilience, pace, power, strength, endurance.

Session 2 – To accurately replicate the technique for an effective discus throw. To understand the rules regarding throwing. Understand the fitness needs of throwing events. To be able to correctly perform the basics of a standing discus throw.

- To know how to hold the discus by placing dominant hand on top and spread the fingers evenly but not stretched.
- To know how to allow the discus to rest on the first joint of fingers curling over rim of discus.
- To know how to step and throw the discus facing forward. “Finger, roll and release”.
- To know that chin must be over the toe and stood in a shoulder width-stance side on.
- Perform preliminary swings. (3 claps) release on the fourth swing.
- To know that as right foot leaves the ground weight must be over the right leg.
- To know that the discus is kept high and relaxed and by increasing the speed of the clap increased distance of the throw.
- To know that when releasing throwing hand should follow through at an angle where the discus is taking off.

Healthy Participation – To know and be able to explain why warming up is important. Can explain why keeping fit is good for their health.

Vocabulary – Dominant hand, finger, roll, release, throwing hand, weight, distance, high, low.

Session 3 – To be able to perform the correct throwing technique using rules to produce an official Put. To start to analyse performance of peers to ensure that the correct technique is being used.

- To know how to throw with accuracy and not distance.
- To know how to hold the shot in your dominant hand at the base of your fingers.
- To know how to rest bean bag/ shot on palm of hand. (Without gripping)
- To know how to position body facing side on feet shoulder width apart.
- To know how to keep putting hand parallel to the ground and raise the other in the air.
- To be able to aim with free arm towards the sky and know how to transfer weight to the other leg and push the beanbag/shot in the air.
- To know how to pivot hips towards the direction of your put and straighten the legs to explode up and out.
- To know how to push shot away from you at a 45-degree angle.

Healthy Participation – To discuss the important safety principles when preparing for exercise.

Vocabulary – Explosive, circle, foul, throw, sweep, push, neck, release, strength, drive, rotation, power, balance, extension.

Session 4 – To be able to maintain a consistent running pace. To identify and demonstrate how different techniques can affect their performance. To know how to demonstrate endurance and stamina over longer distances to maintain a sustained run. To be able to show resilience to not give up when the body is starting to feel tired.

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- To know how to run continuously without taking any breaks and control breathing.
- To be able to run using a consistent pace throughout and know how to preserve energy.
- To know how to run from 2-5 minutes without stopping using a steady pace.
- To know how to use both arms to set the cadence for the legs.
- To know how to use the correct foot stride when running.
- To know when to use all energy and finish strong at the end of a race.
- To know why it is important to have good stamina when running over a long distance.

Healthy Participation – To understand that exercise can help your body stay at, or reach, a healthy weight. To stay at a healthy weight, you must use up the energy you eat. Exercise helps you do that.

Vocabulary – Speed, confidence, resilience, pace, power, strength, endurance.

Watch a video clip of Mo Farah showing resilience by not given up after falling in a race and going on to win the 1000m Gold in Rio Olympics. <https://youtu.be/4cxHZbLYdb4>

Session 5 – To know how to perform a fling throw in discus. To know how to throw an implement using a range of throwing techniques. To know how to measure and record the distance of throws.

- To know how to successfully execute standing throws.
- To know that by using centrifugal force it will keep discus and hand parallel to the ground.
- To know how to release the discus flat for a good flight.
- To know how to measure and record throws.
- To know how to develop technique to throw for increased distance and successfully use a fling throw.
- To know the safety principles of throwing and collecting equipment.
- To know that a coordinated movement involves applying power at the right time.
- To know what a foul throw is.

Healthy Participation –To understand why being confident within PE can help us to achieve our best. If pupils can learn to feel confident in their own abilities to move, be active and participate in physical activity they are well positioned to experience joy and develop competence.

Vocabulary – Dominant hand, finger, roll, release, throwing hand, weight, distance, high, low.

Watch a clip from the men’s discus final in the world athletic championships Doha 2019.
<https://youtu.be/RAuHp6K-IL0>

Session 6 – To accurately replicate the technique for an effective shot put. To understand the rules regarding throwing. To understand the fitness needs of throwing events.

- To know how to throw a shot put using the correct technique and demonstrate an explosive shot putt throw.
- To know how to use non-throwing arm to sweep around and how to use angles within their throw.
- To know that the shot must come from the neck and is pushed not thrown with an overhead motion.
- To be able to identify a no throw.
- To be able to explain the correct technique.
- To know that you must remain within the circle for the duration of your throw.
- To know that is your feet step out of the circle at any time you’ll receive a foul, and the throw won’t count.

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Healthy Participation – What can affect put mental wellbeing? Eating well means a healthy and balanced diet. For example, eating lots of fruits and veggies. A balanced diet gives us vitamins and minerals that are important for our bodies and brains. Fizzy drinks, cakes, and sweets etc contain lots of sugar swapping these out for healthy foods can help to keep our brains and our bodies healthy.

Vocabulary – Explosive, circle, foul, throw, sweep, push, neck, release, strength, drive, rotation, power, balance, extension.

Future learning this content supports:

This unit will support future athletics in UKS2. Pupils will continue and develop a broader range of skills onto Autumn 2 units of rugby and football. Pupils will have learnt how to run over a short and long distance, be able to throw, hit targets and jump in different ways which will support there learning in other topics as these are the key skills needed for most other sports.

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).