

Medium Term Plan: Supporting Implementation of LTP/Progression Grid

Subject: LKS2 Year A - 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 isolation 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 800m, Long Jump, High Jump

- To know how to run over a long distance and how to use pace to maintain speed for the duration of the race.
- To know how to identify dominant take off leg, jump with one and two footed take offs and landings, to swing both arms to drive the jump further.
- To know how to use effective long and high jump techniques, ensuring they land with soft knees in a safe and controlled manner.
- To know how to measure jumps, record and compare data with other pupils.

Key Vocabulary- Speed, accuracy, improve, power, technique, compete, short/long distance, confidence, resilience, pace, height, distance, flight, take off, pace, strength, endurance, knee drive, lead leg, curved approach, stride.

Session 1 – To understand and perform a middle distance running technique. To perform an 800m race refining ability to pace the performance to sustain two laps. To understand components of fitness involved in middle distance races.

- To know how to run over a long distance and how to use pace to maintain speed for the duration of the race.
- To know how to run using an even stride length.
- To be able to pick a suitable pace for the distance and individual fitness level.
- To know how to explain the importance of stamina for runners.
- To know that chest is forward, shoulders back, head is upright and eyes are focused straight ahead.
- To know that the arms swing close to the body at 90-degree angles.

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 running long distance and the reasons why exercise is important.

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

To show a video clip of the Men's 800m final at the London 2012 Olympics. <https://youtu.be/YKEQjWEzVGs>

Session 2 – To develop an effective take-off for the standing long jump. To be able to use one and two feet to take off and to land with. To be able to perform an effective flight phase for the standing long jump. To be able to land safely and with control.

- To know how to identify dominant take of leg and jump with one and two footed take offs and landings.
- To know how to swing both arms to drive the jump further, land safely with soft knees and to control landings.
- To know how to stretch out while in the air.
- To know how to take a step, 2-3 steps and a 10-step run up and how to mark out run ups.
- To know what is deemed a no jump in long jump.
- To know that if the toe crosses the plasticine foul-line the effort is declared a no-jump.

Healthy Participation – To know the importance of strength and flexibility within athletics and how it can affect our performance.

Vocabulary – Jump, flight, take off, dominant leg, strides, landings.

Session 3 – To accurately replicate the technique for an effective high Jump. To be able to perform the scissors high jump technique to effectively jump over the high jump rope.

- To know how to perform the simple step- up drill and with a bar.
- To know how to use a straight 30-degree run up to the bar and with an angle run up.
- To be able to drive the leg that is closest to the bar up and over first and to land safely.
- To know how to successfully jump over the bar using a bent leg knee drive.
- To know that pupils must take off from the leg closest to the bar and swing the outside leg over the bar first.

Healthy Participation – To know why it is important to warm up and cool down. Explain why exercise is good for your health.

Vocabulary – Take off leg, step up, jump, height, distance, confidence, resilience, strength.

Session 4 – To be able to maintain a consistent running pace. To identify and demonstrate how different techniques can affect performance. To be able to observe peer performance and provide effective feedback on technique.

- To know how to run continuously by controlling breathing and without taking any breaks.
- 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 and use the correct foot stride.
- To know when to use all energy and finish strong at the end of a race.

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 regularly exercise to burn off energy.

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

Session 5 – To be able to demonstrate a fast run up and an explosive jump. To be able to describe the technique for long jump. To know how to identify areas to improve of peers when jumping. To be able to identify what is deemed a no jump.

- To know how to use an effective long jump technique.
- To know how to use arms to help build momentum to drive forward when jumping.
- To know how to lower centre of gravity on the second to last step.
- 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 mark a run up with the correct leg stride.
- To know how to measure jumps, record and compare data with other pupils.

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Healthy Participation – Describe how the body reacts at different times and how this affects performance.

Vocabulary – Speed, explosive power, strength, agility, no jump, faults.

Session 6 – **To know how to perform the correct technique for the high jump. To be able to measure curved run ups to take off in high jump. To be able to describe the technique for a successful scissor kick.**

- To know how to run using a curved approach and know which side they prefer to run from.
- To identify preferred take off foot and to know how to run up between 7-11 steps.
- To know how to run up, jump and clear the rope/bar.
- To know how to keep body tall and centre of gravity high off the ground.
- To know that the last two steps should be quicker.
- To know how to drive lead leg up with your knee (knee drive).
- To know that once the lead leg is over, kick the other foot over the bar and land on feet to complete the jump.

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 off leg, step up, jump, height, distance, confidence, resilience, strength.

Show video clip of Mutuz Barshim demonstrating one of the best Scissor kicks. <https://youtu.be/bhetXEyz2Hk>

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 sporting subjects.

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).