

Medium Term Plan: Supporting Implementation of LTP/Progression Grid

Subject: UKS2 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

Hurdles, Triple Jump, 100m Relay Race

- To know the four steps of triple-jump: the approach, the hop, the step and the jump.
- To know how to land safely and how to measure the distance of the jump
- To know how to successfully complete the pass and run a 100m relay race with 4 team members – concentrating on communication, tactics and exchange
- To know how to successfully and safely run over three full hurdles without knocking them down, thinking about leading leg, posture and technique.

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 be able to perform a smooth, uninterrupted running action over low obstacles. To introduce the concept of the lead leg and trail leg action. To understand the basic stride pattern between the hurdles.

- To know how to lead with the knee first, bringing it up high.
- To know how to extend the leg, flicking toes towards the knee.
- To know how to keep the lead leg straight while running over the hurdles.
- To know that once clear of the hurdle, the lead leg should be pulled down quickly to push off the ground into the next stride.
- To know how to use the legs and arms movement while walking, then walking over the hurdles, skipping, jogging.
- To be able to run tall over the hurdles (“peeking over the garden fence”).

Healthy Participation – To highlight the benefits of athletic based movements to fitness and of being healthy and active.

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Vocabulary – Lead leg, trail leg, lead arm, lean, jump, balance, rhythm, lead with knee, fluidity, cadence, chopping, over striding.

Watch a video clip of the 100m hurdles semi-finals of the London 2012 Olympics. <https://youtu.be/2CXDtgYSrZk>

Session 2 – To accurately replicate the technique for an effective long jump. To perform and record distance achieved. To understand the components of fitness involved in jumping events.

- To know how to sprint to the take off line at full speed and to know where the jump is measured from.
- To know the four steps of triple- jump the approach, the hop, the step and the jump.
- To know it is important to maintain a good speed throughout the whole jump.
- To know how to leave the take- off mark on one foot and propel forwards with as much momentum as possible.
- To know how to use momentum from the hop to jump forwards and upwards pulling their leg as high as possible to further the jump.
- To know how to land with two feet trying not to sit backwards after they land to help measuring the distance.

Healthy Participation- Know some reasons for warming up and cooling down and how it can affect your performance in athletics.

Vocabulary – Hop, step, jump, take-off, speed, approach, landing, distance, take, take- off foot, continuous movement, resilience.

Session 3 – To know how to pass and receive the relay baton for a smooth changeover. To use an effective sprinting technique and to be able to work effectively in a team.

- To know how to successfully complete the downwards pass (downward sweep) with ease using a downward motion.
- To know how to pass the baton from the 1st runner to the 4th runner without dropping the relay baton.
- To know how to pass from right – left – right and left hand respectively.
- To know how to do the up sweep and down sweep.
- To know how the receiving hand is extended behind at hip height with palm facing down with a wide angle between the thumb and the rest of the fingers.

Healthy Participation – To discuss and suggest any athletics clubs within the school timetable and promote community links.

Vocabulary – Up sweep, down sweep, push pass, exchange, left hand, right hand, sprint, pass, quick, baton, grip, acceleration, exchange zone, hold, starting line, speed, straight, lanes, right, left, first leg, second leg, third leg and forth leg.

Session 4 – To know how to use the basic technique required to hurdle. To know how to practise the three-stride hurdle rhythm.

- To know how to successfully run over three full hurdles without knocking them down.
- To know how many strides are in between each hurdle and know that 3-5 strides is an odd number and will mean you will change lead legs.
- To know that a three-stride rhythm leading with the same leg is ideal.
- To know how to run fast without slowing down before jumping the pace should remain the same.

Healthy Participation – To discuss the benefits of a healthy balanced diet having good nutrition helps to promote bacteria in the gut that's helps us to "feel good" signals get through to the brain.

Vocabulary – Lead leg, trail leg, lead arm, lean, jump, balance, rhythm, lead with knee, fluidity, cadence, chopping, over striding.

Session 5 - To be able to perform a triple jump through each phase understanding the basic technique. To be able to perform a basic triple jump from 8-10 strides.

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- To know how to complete a standing triple jump, 3-4 strides triple jump and 8-10 stride triple jump.
- To know how to measure and record jumps and compare date with other pupils.
- To know how to complete the three phases of the triple jump the hop, bound, or step, and the jump phase.
- To know how to maintain a good speed throughout each of the phases.
- To know that when measuring the jump, it is taken from the front of the take-off area to the closest landing mark. The zero end of the tape is placed where the athlete lands.

Healthy Participation – Discuss the benefits of exercise - moving muscles produces endorphins and a chemical that helps the brain deal with stress.

Vocabulary – Hop, step, jump, take-off, speed, approach, landing, distance, tape, take- off foot, continuous movement, resilience.

Session 6 – **To know how to successfully work as part of a team. To know how to pass the baton from runner to runner in a downward motion. To be able to demonstrate correct technique for sprinting using all three baton exchanges.**

- To know how to instruct incoming runners not to let go of the baton as soon as they feel it contact their partner's hand.
- To know how to maintain a light grip until their teammate pulls it away from them.
- To know how to be vocal and communicate to help with clean releases.
- To know the three types of baton exchange upsweep, down sweep, and push pass.
- To know how to work as a team to successfully exchange without dropping.

Healthy Participation – Discuss the benefits of sleep and how a good night's sleep can help to improve concentration and boost emotional stamina. Ask pupils how many hours a night do they think they have? Talk about aiming for 7-9 hours of sleep a night.

Vocabulary – Up sweep, down sweep, push pass, exchange, left hand, right hand, sprint, pass, quick, baton, grip, acceleration, exchange zone, hold, starting line, speed, straight, lanes, right, left, first leg, second leg, third leg and forth leg.

Future learning this content supports:

This unit will support future athletics in high school or outside of school in local clubs. 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).