

Medium Term Plan: Supporting Implementation of LTP/Progression Grid

Subject: UKS2 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 best.

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

Discus, Shot put and 400m Relay Races

- To know how to successfully complete the pass and run a 400m relay race with 4 team members – concentrating on communication, tactics and exchange
- To develop the correct technique to throw a discus for increased distance and successfully use a fling throw.
- To know the safety principles of throwing and collecting equipment (shot put and discus).
- To know how to throw a shot-put using the correct technique and demonstrate an explosive shot-put throw.

Key Vocabulary

pump arms, head up, drive, lift knees, kicking horses, hop, skip, step, aim, acceleration, deceleration, endurance, strength, Elbows out, V grip, finish grip, cord grip, strong, stable

Session 1 – To accurately replicate the technique for an effective discus throw. To understand the rules regarding throwing. Understand the fitness needs for throwing events. To master 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.

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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 2 – To be able to perform the correct throwing technique using the rules to produce an official putt. To be able to analyse performance of peers providing effective feedback.

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

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.
- 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.
- To know how to run over a long distance and use pace to spread energy across the whole race.

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 perform and 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 Pharrell 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.

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- 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.

Session 5 – To accurately replicate the technique for an effective shot putt. To understand the rules in relation to throwing events. To understand the fitness needs for throwing events.

- To know how to throw a shot put using the correct technique and to be able to demonstrate an explosive shot putt throw.
- To know how to use the 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 know how to identify a no throw of themselves and others.
- Pupils to know how 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 will receive a foul, and the throw won't count.

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

Session 6 – To know how to successfully work as part of a team. To know how to pass the baton from runner to another 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 having a healthy breakfast, why it is the most important meal of the day and talk about the importance of not skipping breakfast. Talk about making it apart of your routine and ask pupils what they have for breakfast each morning.

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:

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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).