



## Athletics Medium Term Plan

Subject	Concept -	Subject knowledge	Procedural	Declarative	Declarative broken down.	Experiential
Year 3/ 4 PE Year A <b>Athletics</b>	Running Jumping Throwing	<p>NC: Use running, jumping, throwing and catching in isolation and in combination</p> <p>NC: Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p> <p>NC: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>I can successfully throw: A foam javelin</p> <p>Shotput</p> <p>I can use correct take-off and landing for:</p> <p>Standing long jump</p> <p>High jump</p> <p>Speed bounce</p> <p>I can jump over hurdles at speed</p> <p>I can move out of a track start.</p>	<p>I know how to hold a javelin.</p> <p>I know the standing long jump technique.</p> <p>I know the best standing starting position for a race.</p> <p>I know and can name events in athletics competitions are track and field events.</p> <p>I know the names of the equipment:</p> <p>Javelin, speed bounce mat, long jump mat, hurdle, shot put, relay baton.</p> <p>I know the names of British track and field athletes:</p> <p>Dina Asher Smith</p> <p>Jonny Peacock</p>	<p>Hand positions and throwing technique for Javelin.</p> <p>Dirty fingers, clean palm for shotput.</p> <p>Knees bent, arm swing for long jump, fall forwards to limit loss of distance.</p> <p>Find preferred side for high jump, and leading leg.</p> <p>Find leading leg and preferred jumping leg for hurdles.</p> <p>Teach routine for track start.</p> <p>Starting a race: head down, pump arms, slowly raise head.</p>	
Year 3/ 4 PE Year B <b>Athletics</b>	Running Jumping Throwing	<p>NC: Use running, jumping, throwing and catching in isolation and in combination</p> <p>NC: Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p> <p>NC: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>I can successfully throw: A foam javelin</p> <p>Shotput</p> <p>I can use correct take-off and landing for:</p> <p>Standing long jump</p> <p>High jump</p> <p>Speed bounce</p> <p>I can jump over hurdles at speed</p> <p>I can move out of a track start.</p> <p>I can successfully perform a baton changeover.</p>	<p>I know how to hold a javelin.</p> <p>I know the standing long jump technique.</p> <p>I know the best standing starting position for a race.</p> <p>I know and can name events in athletics competitions are track and field events.</p> <p>I know the names of the equipment:</p> <p>Javelin, speed bounce mat, long jump mat, hurdle, shot put, relay baton.</p> <p>I know the names of British track and field athletes:</p>	<p>Hand positions and throwing technique for Javelin.</p> <p>Dirty fingers, clean palm for shotput.</p> <p>Knees bent, arm swing for long jump, fall forwards to limit loss of distance.</p> <p>Find preferred side for high jump, and leading leg.</p> <p>Find leading leg and preferred jumping leg for hurdles.</p> <p>Teach routine for track start.</p> <p>Starting a race: head down, pump arms, slowly raise head.</p>	



## Athletics Medium Term Plan

				Dina Asher Smith Jonny Peacock Greg Rutherford.	Alternate hands for baton changeover Upward downward sweep according to hand.	
Subject	Concept -	Subject knowledge	Procedural	Declarative	Declarative broken down.	Experiential
Year 5/ 6 PE Year A <b>Athletics</b>	Running Jumping Throwing	NC: Use running, jumping, throwing and catching in isolation and in combination NC: Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] NC: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	I can successfully throw: A rubber javelin Discuss Shotput I can use correct take-off and landing for: Standing long jump High jump Speed bounce I can jump over hurdles at speed I can move out of a track start. I can successfully perform a baton changeover.	I know how to hold a javelin. I know the standing long jump technique. I know the best standing starting position for a race. I know alternate hands are used for baton changeover Upward downward sweep according to hand. I know during a relay a changeover should be on the move - 10 metre window. I know and can name events in athletics competitions are track and field events. I know the names of the equipment: Javelin, speed bounce mat, long jump mat, hurdle, shot put discuss, relay baton. I know the names of British track and field athletes: Dina Asher-Smith - Sprinter Katrina Johnson-Thompson - Heptathlete Sir Mo Farah - Distance Tom Gale - High jump	Hand positions and throwing technique for Javelin. Dirty fingers, clean palm for shotput. Grip and technique for discuss. Knees bent, arm swing for long jump, fall forwards to limit loss of distance. Find preferred side for high jump, and leading leg. Find leading leg and preferred jumping leg for hurdles. Teach routine for track start. Starting a race: head down, pump arms, slowly raise head.	Sports hall athletics Autumn 2.  Quad kids Summer 1



## Athletics Medium Term Plan

Subject	Concept -	Subject knowledge	Procedural	Declarative	Declarative broken down.	Experiential
Year 5/ 6 PE Year B <b>Athletics</b>	Running Jumping Throwing	<p>NC: Use running, jumping, throwing and catching in isolation and in combination</p> <p>NC: Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p> <p>NC: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Be able to successfully throw:</p> <p>A rubber javelin</p> <p>Discuss</p> <p>Shotput</p> <p>Be able to use correct take-off and landing for:</p> <p>Standing long jump</p> <p>High jump</p> <p>Speed bounce</p> <p>Be able to move out of a track start</p> <p>Be able to successfully perform a baton changeover.</p>	<p>How to hold a javelin.</p> <p>Standing long jump technique.</p> <p>Best standing starting position for a race.</p> <p>Events in athletics competitions are track and field events.</p> <p>Be able to name the equipment: Javelin, speed bounce mat, long jump mat, hurdle, shot put discuss, relay baton.</p> <p>Know the names of British track and field athletes:</p> <p>Dina Asher-Smith - Sprinter</p> <p>Adam Gemili - Sprinter</p> <p>Katrina Johnson-Thompson - Heptathlete</p> <p>Sir Mo Farah - Distance</p> <p>Tom Gale - High jump</p>	<p>Hand positions and throwing technique for Javelin.</p> <p>Dirty fingers, clean palm for shotput.</p> <p>Grip and technique for discuss.</p> <p>Knees bent, arm swing for long jump, fall forwards to limit loss of distance.</p> <p>Find preferred side for high jump, and leading leg.</p> <p>Find leading leg and preferred jumping leg for hurdles.</p> <p>Teach routine for track start.</p> <p>Starting a race: head down, pump arms, slowly raise head.</p> <p>Alternate hands for baton changeover</p> <p>Upward downward sweep according to hand.</p> <p>Changing on the move - 10 metre window</p>	<p>Sports hall athletics Autumn 2.</p> <p>Quad kids Summer 1</p>