

Prior Learning: In Year 5, children practiced various running, jumping and throwing and focused on improving these techniques. They completed tests and learned how to measure and record scores accurately. They looked at ways of using their body to increase their power and strength on the activities. They competed against themselves (Personal Best) and others.

Physical Me

- **Running - Speed** shuttle runs/sprints
- **Leaping/hopping/bounding/bounce**- 5 strides (**power**)
- **Throwing/Pushing** - Chest push (**strength**)
- **Skipping**- With a hoop (**speed, co-ordination**)
- **Jumping** - Speed bounce, long jump, vertical (**speed, strength, coordination**)



Thinking Me

- To improve my performance

Value Me:

- Respect
- Integrity

Social Me

- Collaborate
- Encourage others



Key Vocabulary

Accuracy

Strength

Rhythm

Power

Simultaneously

Exert

Resistance

Performance

Improve

Key Knowledge

Vertical Jump- A vertical jump or vertical leap is the act of jumping upwards into the air. It may also be called a 'Sargent jump.'

Power- The ability to exert a maximum force in as short a time as possible, as in accelerating, jumping and throwing objects.

Accuracy- Is the ability to perform movements and skills with precision.

Strength- Muscular strength is the ability to exert force against resistance

Athletic Events

Track Events:

- 100m sprint
- 200m sprint
- 400m sprint
- 800m middle distance
- 1500m middle distance

Field events:

- Javelin throw
- Long Jump
- Triple Jump
- Shot put
- Discus
- High Jump