



PE Topic: Athletics

Year: 5 **Term:** Summer 1

Key Knowledge/Content:

- To develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- To use running, jumping, throwing and catching in isolation and in combination.
- To develop flexibility, strength, technique, control and balance.
- To compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Links to:

Prior learning:

To improve their personal best and fitness levels.

Future learning:

To learn how to perform the high jump and triple jump.

Key vocabulary with definition:

Prior vocabulary:

- Distance – The length of space between two points.
- Steady pace – A pace that can be maintained.
- Accuracy – The quality of being precise.
- Height – The measurement of something from base to top.
- Measure – To ascertain the size/length of something.
- Record – An account in writing.
- Leading leg – The leg that goes first.
- Hurdles – A series of upright obstacles for an athlete to jump over.
- Stamina – The ability to sustain prolonged physical effort.
- Stance – The way someone stands.

New vocabulary:

- Team – A group of players forming one side in a competitive event.
- Speed – The rate in which something moves.
- Time – How long it takes to do something.
- Position – Where someone is located.
- Rhythm – A strong, regular repeated pattern.

By the end of this unit

All children can: **be** a good sportsperson and **congratulate** others on winning.

Most children can: **consolidate** and **improve** the quality, range and consistency of their athletic ability.

Some children can: **sustain** their pace over longer distances.

Background understanding for teachers and parents:

This half term is Athletics, with a focus on running, jumping and throwing. The children will have the opportunity to take part in games and competitive activities involving each skill, including Sports Day.

Curriculum Driver (one):

Aspiration

Evidence outcome:

To try your best and attempt to beat personal bests. To engage in competition and aspire to win.