



**PE Topic:** Athletics

**Year:** 4 **Term:** Summer 1

## Key Knowledge/Content:

- To enjoy communicating, collaborating and competing with each other.
- 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 remember, repeat and link combinations of actions.

### Future learning:

To choose appropriate techniques for specific events.

## Key vocabulary with definition:

### Prior vocabulary:

- Sprint – To run at full speed over a short distance.
- Baton – A tube that is passed in a relay race.
- Relay – To work as part of a team in a race.
- Heartbeat – The pulsation of the heart.
- Pulse rate – The measure of your heartbeat.
- Control – The authority to guide something.

### New 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.

## By the end of this unit

**All children can:** **improve** their personal best and fitness levels.

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

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

## 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.