



**PE Topic:** Athletics

**Year:** 6 **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 consolidate and improve the quality, range and consistency of their athletic ability.

### Future learning:

To enhance their athletic ability, using different equipment.

## Key vocabulary with definition:

### Prior vocabulary:

- 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.
- 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.

### New vocabulary:

- Pacing – Determine a steady pace that can be sustained.
- Release – To let go of an object you intend to throw.
- Run up – A brief run to gain momentum before performing a jump.
- Performance – The process of performing a task.

## By the end of this unit

**All children can: develop** running, jumping and throwing skills using a variety of equipment.

**Most children can: use** good running and changeover techniques in relays.

**Some children can: demonstrate** different jumps showing power, control and consistency at take-off and landing.

## 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.