



YEAR 6

Athletics

Scheme of Work

Introduction

In this unit, pupils are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, distance or accuracy and learn how to persevere to achieve their personal best. They learn how to improve by identifying areas of strength as well as areas to develop. Pupils are also given opportunities to lead when officiating as well as observe and provide feedback to others.

In this unit pupils learn the following athletic activities: long distance running, sprinting, triple jump, discus and shot put.

Key Skills

- Physical: pacing, sprinting, jumping for distance, push throwing for distance, fling throwing for distance
- Social: negotiating, collaborating with others
- Emotional: perseverance, determination
- Thinking: observing and providing feedback

Learning Objective

LESSON 1	To work collaboratively with a partner to set a steady pace.
LESSON 2	To develop your own and others sprinting technique.
LESSON 3	To develop power, control and technique for the triple jump.
LESSON 4	To develop power, control and technique when throwing for distance.
LESSON 5	To develop throwing with force and accuracy for longer distances.
LESSON 6	To work collaboratively in a team to develop the officiating skills of measuring, timing and recording.

Assessment Criteria

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- I can compete within the rules showing fair play and honesty.
- I can help others to improve their technique using key teaching points.
- I can identify my own and others' strengths and areas for development and can suggest ways to improve.
- I can perform jumps for distance using good technique.
- I can select and apply the best pace for a running event.
- I can show accuracy and good technique when throwing for distance.
- I understand that there are different areas of fitness and how this helps me in different activities.
- I use different strategies to persevere to achieve my personal best.

Links to the National Curriculum

ENGLISH

- Learning of key vocabulary – Consistent, downsweep, upsweep, bounding, momentum
- Communicating ideas
- Reading and communicating coaching cards
- Structuring feedback for peers

SCIENCE

- Understanding the effect exercise has on the body
- Learning the names of muscles
- Understanding how the body reacts to different exercises
- Exploring transferring weight to create power in throws

MATHS

- Making 90° angles at the elbow in sprinting
- Timing peers with a stopwatch
- Calculating distances and dividing metres between their group

Health and Safety

In throwing activities, even where pupils are throwing soft athletic equipment it is important to instill good practice for the future. Ensure:

- pupils wait for instruction and check the area is clear before throwing
- there is adequate space between throwers

In obstacle events ensure the following:

- the obstacles can fall easily when hit
- there is adequate space for returning runners
- runners only hurdle the obstacles in one direction