



GAMES		ATHLETICS	
<p><b>Learning Objectives:</b></p> <ul style="list-style-type: none"> <li>• use running, jumping, throwing and catching in isolation and in combination</li> <li>• develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>• compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>			
<p><b>Theme:</b> <b>Athletics - Throwing, Jumping and Running</b></p>			
<p><b>Core Knowledge</b></p>		<p><b>Inspiring Athletes</b></p>	
<p>Elite competitions take place all over the world. The most famous is the Olympic Games, held every four years.</p>  <p>Events: 100m, 200m, 400m, 800m, 1500m, 5000m, 10000m, 110m hurdles, 400m hurdles, 4x100m relay, high jump, long jump, triple jump, javelin, discus, decathlon.</p> <p><b>London 2012</b> Summer 2012 was an Olympic summer for England as London hosted the competition. Loads of fun activities took place for all ages around the country!</p>		<p><b>Sir Mo Farah</b> Sir Mohamed Farah CBE is a British long-distance runner. His ten global championship gold medals make him the most successful male track distance runner ever, and he is the most successful British track athlete in modern Olympic Games history.</p> 	
<p><b>Vocabulary</b></p>		<p><b>Development Of Skills</b></p>	
<p><b>Speed</b> - To move quickly <b>Acceleration</b> - To go from still to moving at speed as fast as possible <b>Track</b> - Events that involve running, usually on the running track</p>		<p><b>Physical Me: (Skills)</b> I can run consistently and smoothly at different speeds. I can demonstrate different combinations of jumps, showing control, coordination and consistency. I can throw a range of implements into a target area with consistency and accuracy.</p>	
		<p><b>Specific Skills</b></p>	
		<p>Children will be taught:  50m sprint: Running as fast as you can from the start until the finish</p>	



<p><b>Field-</b> Events that are based around jumping and throwing</p> <p><b>Finishing lines</b> - The point at which the timer stops—You DO NOT STOP HERE!</p> <p><b>Endurance</b> - Being able to repeat a specific movement— running a long distance</p> <p><b>Relay</b> - Working as a team to complete a race with a baton.</p> <p>Baton – a thin tube that is passed from one relay runner to another. The runner holding the baton is the current racer for the team.</p> <p><b>Sprint</b> – running as fast as you can over a short distance</p> <p><b>Javelin</b> – a light spear thrown in a competitive sport or as a weapon.</p>	<p><b>Creative Me: (Applying skills)</b>  I can recognise that there are different styles of running, jumping and throwing, and that I need to choose the best for a particular challenge and type of equipment.  I can pace my effort well in different types of event so that I can keep going steadily and maintain the quality of my action.</p> <p><b>Healthy Me: (Healthy lifestyles)</b>  I can identify and record when my body is cool, warm and hot.  I can recognise and record that my body works differently in different types of challenge and event.  I can carry out stretching and warm-up activities safely.</p> <p><b>Thinking Me: (Evaluation)</b>  I can watch and describe specific aspects of running, jumping and throwing styles.  I can suggest, with guidance, a target for improving distance or height</p>	<p>400m: Endurance race meaning you can't sprint the entire race. You need to pace your race so that you don't get too tired too quickly but have still run as fast as you can</p> <p>Running technique - run in a straight line, keep looking forward and not at others, run through the line and dip forward just as your finishing!</p> <p>Javelin or howler - Overarm throw trying to launch the object as far as possible. A straight or bent arm technique can be used</p> <p>Standing Long Jump: Two footed single jump forward</p> <p>Relay – correct baton handover</p>
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<b>Prior Knowledge</b>	<b>Safety</b>
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<p><b>Year 2</b></p> <p>To explore running at different speeds .</p> <p>To develop balance whilst jumping and landing</p> <p>The difference between a jump, leap and hop</p> <p>Jumping—perform and compare different types of jumps.</p> <p>Combine different jumps together,</p> <p>To explore throwing for distance and accuracy</p> <p>To develop an over arm throw</p> <p>To throw and handle a variety of objects</p> <p>Throw with accuracy at targets.</p>	<p>Wear PE kit</p> <p>Remove all jewellery (tuck in any religious jewellery) Earrings should only be studs.</p> <p>Long hair must be tied back.</p> <p>Wear suitable footwear</p> <p>Use correct techniques.</p> <p>Complete a warm-up and cool-down in each lesson.</p>
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<b>End Point Expectations</b>
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<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Knows how to run at fast, medium and slow speeds; changing speed and direction.</li> <li>• Can take part in a relay, remembering/knowing when to run and what to do.</li> <li>• Knows how to increase the distance that a thrown object travels through effective technique.</li> </ul>
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