



### Unit Purpose

The unit of work will explore how we can use our bodies to run as fast as possible, exploring the correct technique individually and within teams.

Pupils will also begin to examine how to jump as far as possible and compare throwing accurately with throwing for distance.

### Inspire Me

One of the greatest moments in sporting history happened on the 4 August 2012, when Team GB athletes **Jessica Ennis-Hill**, **Greg Rutherford** and **Mo Farah** all won gold medals at the London Olympics.



### Key Success Criteria

- P** Pupils will develop their ability to run and jump as fast/far as possible with the correct techniques and throw for distance exploring the most effective technique.
- C** Pupils will apply an understanding of how to use the correct technique for running fast, jumping far and throwing for distance and why it is so important.
- S** Pupils will develop life skills such as cooperation and encouragement as they collaborate with others and support each other to develop their techniques.
- W** Pupils will apply their skills with developing confidence as they grow in their ability to show integrity and determination.



### Vocabulary for Learning

**Tactics:** Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

**Speed:** Is the ability to move all or part of the body as quickly as possible. Speed is vital to success when sprinting or throwing an object.

**Acceleration:** is how quickly an athlete can increase their speed over a distance. For example this might mean how quickly an athlete ran over 10m starting from a stationary position.

**Distance:** is defined as the length of space between two points. This might mean how far an athlete has to run, how far an athlete has thrown an object, or how far an athlete has jumped.

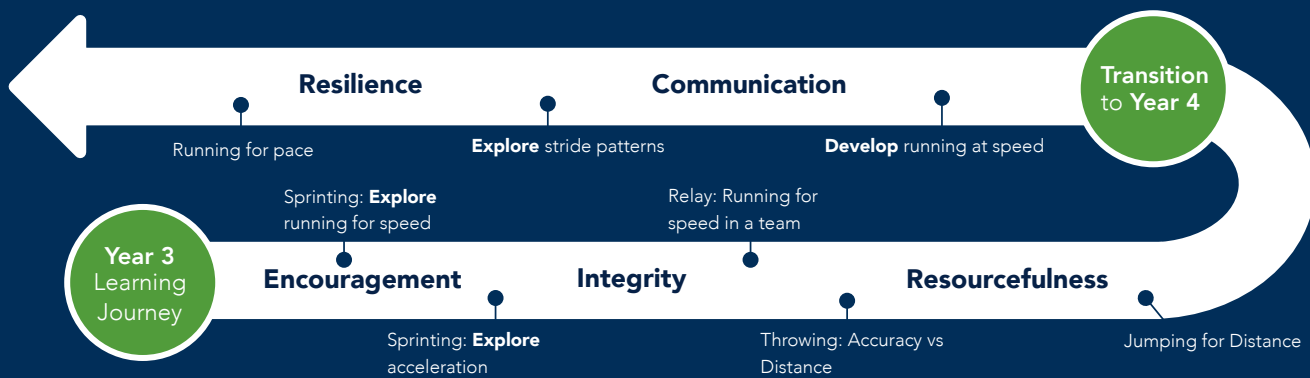
**Accuracy:** is the ability to control where we throw an object.



### Sport Specific Vocabulary

**Relay:** A relay is a running race where members of a team take turns to complete parts of the race.

**Change Over:** A change over is where two athletes from the same team pass a baton between one another while running as fast as possible. Athletes cannot throw or drop the baton.





### Unit Purpose

The unit of work will develop pupils' ability to develop their own **sprinting technique**, analysing their own performance. Pupils will **compare** sprinting to running for distance and pacing. The unit will introduce throwing for distance with **javelins** and explore the **triple jump**.

### Inspire Me

**Did you know...** that the longest standing mens world record is the discus throw set by Jürgen Schult in 1986. The longest standing women's world record is the 800m set by Jarmila Kratochvílová in 1983.



### Key Success Criteria

- P** Pupils will be able to apply the correct technique for sprinting. They will explore pacing and the correct technique for triple jump and javelin.
- C** Pupils will apply a developing understanding of the correct technique for running fast vs pacing, triple jump, javelin and why the correct technique is important.
- S** Pupils will develop life skills such as communication and encouragement as they collaborate with others and support each other to improve and develop.
- W** Pupils will continue to develop and apply life skills such as resilience and self motivation as they strive to improve their own performance and understanding.



### Vocabulary for Learning

**Tactics:** Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

**Speed:** Is the ability to move all or part of the body as quickly as possible. Speed is vital to success when sprinting or throwing an object.

**Distance:** is defined as the length of space between two points. This might mean how far an athlete has to run, how far an athlete has thrown an object, or how far an athlete has jumped.

**Pace:** Pace is used to measure an athletes speed. It is the amount of time it takes an athlete to cover a specific distance. It is important for long distance runners to pace themselves, if they go to fast to early, they will finish the race slower.

**Power:** is the intensity and speed that an object is thrown towards or how an athlete uses their body to increase the distance they jump.



### Sport Specific Vocabulary

**Stride Pattern:** Is the distance covered when an athlete takes a step. An athletes stride pattern will differ depending on the distance that athlete is running.





### Unit Purpose

The unit of work will challenge pupils to consolidate their knowledge, understanding and ability to **sprint** effectively, individually and within a team. Pupils will be able to develop their technique for throwing a **shot putt** and explore and develop an understanding of how to **hurdle** safely.

### Inspire Me

At the 1992 Olympics **Derek Redmond** tore his hamstring in the 400 metres semi-final but continued the race limping. With assistance from his father, managed to complete the race as the crowd gave him a standing ovation.



### Key Success Criteria

- P** Pupils will apply the correct technique for sprinting individually and within a team whilst developing their technique for hurdling and throwing the shot put.
- C** Pupils will demonstrate a strong understanding of how to apply the correct technique and why the correct technique is so important.
- S** Pupils will consolidate their ability to encourage and collaborate with other, communicating developmental feedback and showing respect.
- W** Pupils will strive to improve their own technique, ensuring they always apply maximum effort.



### Vocabulary for Learning

**Tactics:** Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

**Speed:** Is the ability to move all or part of the body as quickly as possible. Speed is vital to success when sprinting or throwing an object.

**Distance:** is defined as the length of space between two points. This might mean how far an athlete has to run, how far an athlete has thrown an object, or how far an athlete has jumped.

**Evaluation:** means for an athlete to review their own or teams performance, making judgements on their own or teams strengths and weaknesses in order to improve their own or teams performances.



### Sport Specific Vocabulary

**Change Over:** A change over is where two athletes from the same team pass a baton between one another while running as fast as possible. Athletes cannot throw or drop the baton.

**Personal Best:** A personal best is an individual or team's best performance in a given event.

**Lap:** Is one full completed circuit of a track in a running race.





### Unit Purpose

The unit of work will challenge pupils to apply their knowledge, understanding and skills into a series of **competitions**.

Pupils will experience competition across all of the different areas of athletics that they have explored. Pupils will have to work hard individually to apply the correct technique as well as collaborating in teams.

### Inspire Me

**Dick Fosbury** is a retired high jumper who is considered one of the most influential athletes in history. He revolutionised the high jump event with a "back-first" technique, which is adopted by almost all high jumpers today.



### Key Success Criteria

- P** Pupils will apply a refined understanding of running for speed, pacing, throwing and jumping for distance.
- C** Pupils will demonstrate an advanced understanding of how to apply the correct technique in each event and why the correct technique is so important.
- S** Pupils will refine their ability to encourage and collaborate with other, communicating developmental feedback and showing respect.
- W** Pupils will constantly apply life skills such as responsibility and self discipline by applying their best effort every time and leading others by example.



### Vocabulary for Learning

**Tactics:** Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

**Teamwork:** Teamwork is the combined effort of a group to achieve a goal or complete a task in the most effective and efficient way.

**Speed:** Is the ability to move all or part of the body as quickly as possible. Speed is vital to success when sprinting or throwing an object.

**Distance:** is defined as the length of space between two points. This might mean how far an athlete has to run, how far an athlete has thrown an object, or how far an athlete has jumped.

**Evaluation:** means for an athlete to review their own or teams performance, making judgements on their own or teams strengths and weaknesses in order to improve their own or teams performances.



### Sport Specific Vocabulary

**False Start:** A false start is where an athlete begins a running race before they are permitted to do so.

**Events:** The different track and field activities in athletics are known as events. Track are running events and field are throwing and jumping events.

