



Physical Education Athletics

Y5

Unit Focus:

Sustain pace over short and longer distances. Run as part of a relay team. Perform range of jumps and throws.

Prior Learning:

- Investigated ways of performing running, jumping and throwing activities.
- Used a variety of equipment to measure, time and compare different styles of runs, jumps and throws.

Rules:

- Receiving baton within restricted area.
- Fair scoring of event/activity.
- Appropriate rules in running, jumping or throwing event.



Distinguish between good and poor performances and suggest way to improve self and others.



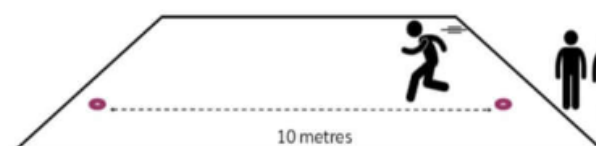
Sustain pace over shorter and longer distances.



Able to run as part of a team in relay style events.

Key Vocabulary/Skills:

Relay legs.	Bounce, relay, baton, safety, rules, targets, record, set, takeover, pass, sustain, push, receive, hop – step – jump.
Work to improve distance covered in set times.	
Use push throw to hit target.	
Baton exchange.	
S.T.E.P principle.	



Inspiring Individuals



Jesse Owens
(1913-1980)



Jessica Ennis-Hill
(1986 – present)

Equipment

A variety of balls, hoops, beanbags, quoits, throw down markers, foam javelins, balloons, stopwatch, measuring tape, skipping ropes, foam discus, vortex howler, low hurdles.

Key Questions:

1. Why do we pass the baton to the opposite hand to?
2. Which throw do you think is most effective for distance?
3. Can you jump further with a run up?