



Physical Education Athletics

Y6

Unit Focus:

Apply strength and flexibility to throwing, running and jumping. Accurately and confidently judge across a variety of activities. Work in collaboration to demonstrate improvement.

Prior Learning:

- Sustained pace over short and longer distances. Ran as part of a relay team.
- Performed range of jumps and throws.

Concepts:

- Running for time and running for distance.
- Linking sport specific movements to everyday tasks.



Accurately and confidently record multiple scores under pressure.



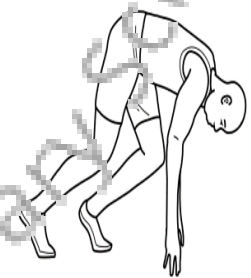
Combine different jumping skills to accurately replicate triple jump technique.



Link your strengths and weaknesses to fulfil your role in a running challenge.

Key Vocabulary/Skills:

Power in the sprint start.	Agility, balance, coordination, accuracy, target, precision, set, throw, over, pass, strength, judgement, trajectory, sprint, shuttle, assess.
Standing triple jump	
Heave throw	
Parlauf running	
Scissor jump	



Inspiring Individuals



Usain Bolt
(1986 – present)



Abigail Irozuru
(1990 – present)

Equipment A variety of balls, hoops, bean bags, quoits, throw down markers, hurdles, stopwatch, measuring tape, metre rule, skipping ropes, foam discus, hurdles, flexibar.

Key Questions

1. In which Olympic athletics event is the heave throw used?
2. How can you develop your fitness through parlauf running?
3. What are the 3 phases of triple jump?