

# Physical Education

## Athletics Year 3

### 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.

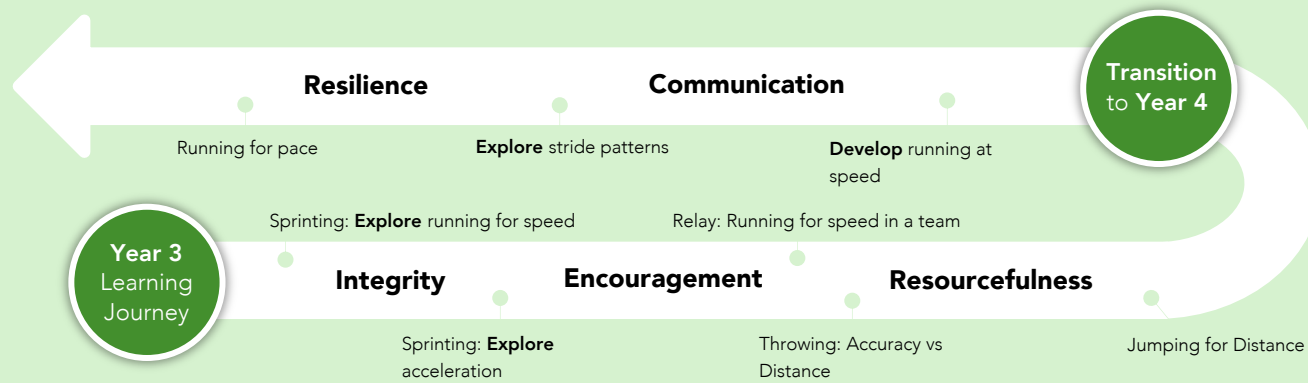
**Accuracy:** is the ability to control where we throw an object.

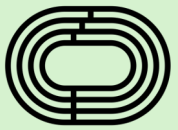


### Sport Specific Vocabulary

**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.





# Physical Education

## Athletics Year 4

### 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.

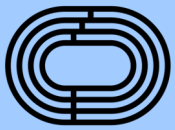
**Power:** is the intensity and speed that an object is thrown towards or how an athlete uses their body to increase the distance they jump.



### 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.





# Physical Education

## Athletics Year 5

### 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.



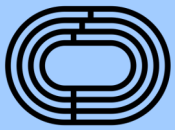
### Sport Specific Vocabulary

**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.





# Physical Education

## Athletics Year 6

### 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.

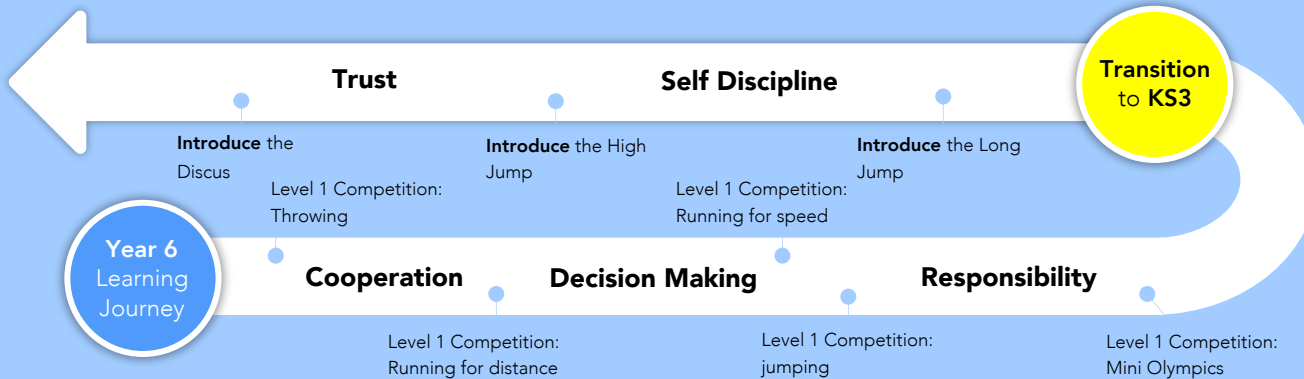
**Evaluation:** means for an athlete to review their own or teams performance, making judgements on their own or teams strengths and weaknesses in order to improve their own or teams performances.



### 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.





# Physical Education

## Orienteering Year 3

### Unit Purpose

The unit of work will **explore** how to **orientate** a map, locate points on the map, then travel to them and record what they find.

Pupils will learn how to **collaborate** with others and work as a team to complete the **challenges**.

### Inspire Me

**Did you know...** that the first international governing body for orienteering was the International Orienteering Federation, formed by eleven nations in 1961. The first world championships were held in 1966.



### Key Success Criteria

- P** Pupils will develop their ability to orientate a map and locate points, returning to base as quickly as possible.
- C** Pupils will develop their understanding of what makes an effective team and understand how important teamwork is when orienteering.
- S** Pupils will develop life skills such as respect and communication as they collaborate with their team to successfully complete the orienteering challenges.
- W** Pupils will develop their ability to remain positive and try their best in every challenge. Pupils will begin to show leadership attributes.

### Vocabulary for Learning

**Navigate:** means to find a way through a planned course often by using a map.

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

**Strategy:** is a planned set of actions that are used by a team or individual to achieve a long-term goal. We plan a strategy and then use specific tactics to help us achieve our goal.

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

**Communication:** Is the method of transferring information from one person or a group to another. Types of communication include: verbal, nonverbal, written and visual.



### Sport Specific Vocabulary

**Orienteering:** is a sport that requires navigational skills using a map and/or a compass to navigate from various points.

**Symbol:** Symbols are small images marked on a map that have been designed to look like what it represents. Map symbols are conventional signs as can be understood by everyone.







# Physical Education

## Rounders Year 3

### Unit Purpose

The unit of work will explore the concept of **batting** and **fielding** (attack and defence). Pupils will develop an understanding of the purpose of each team. Pupils will learn how to apply a variety of fielding skills such as **throwing** and **stopping the ball** to keep the batter's score low.

### Inspire Me

**Did you know...** the game of rounders has been played in England since Tudor times. The earliest reference being in 1744 in A Little Pretty Pocket-Book, where rounders is referred to as base-ball.



### Key Success Criteria

- P** Pupils will develop their ability to keep the batter's score as low as possible by applying accurate throwing, catching and retrieving skills
- C** Pupils will apply an understanding of the concept of batting and fielding, utilising the correct fielding skills in order to stop the batters.
- S** Pupils will develop life skills such as respect and cooperation as they collaborate effectively with others including their opponents.
- W** Pupils will apply their skills with developing confidence as they grow in their ability to show self motivation and determination.

### Vocabulary for Learning

**Batting:** Batting is the skill of hitting a ball with a bat into a space to score runs. The aim of the game for the batter (attacking team) is to score as many rounders as possible.

**Fielder:** A fielder is a defensive position that is occupied while the other team are batting. The aim of the fielding team (defending team) is to prevent the batter from scoring a rounder.

**Throwing:** means using your arm/hand to propel a ball with force through the air to a specific target or area.

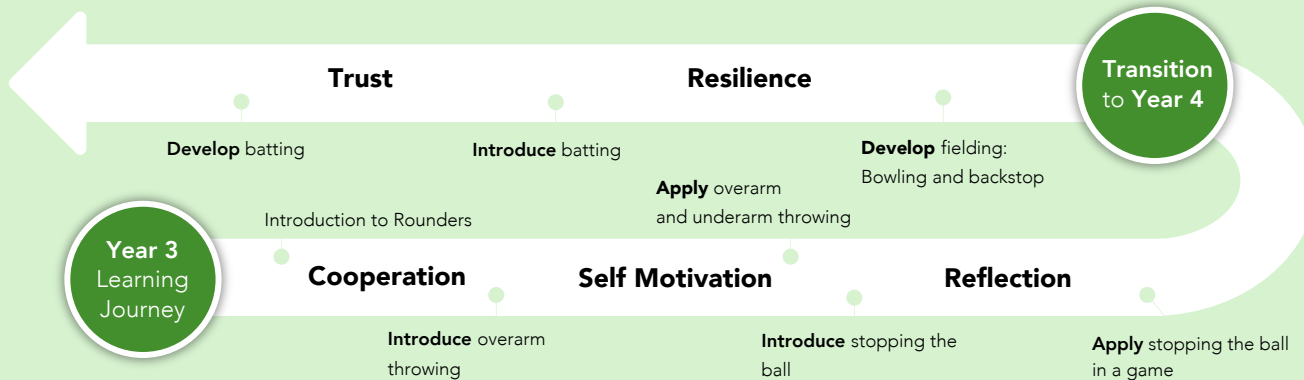


### Sport Specific Vocabulary

**Base/Posts:** There are four bases/posts that are used to mark out the pitch. These are positioned on the outside of the bowling square in a diamond shape.

**Rounder:** Is the method of scoring used in rounders. If the batter successfully runs around the outside of the bases and reaches the 4th base before the ball, the batting team scores one rounder.

**The Long Barrier:** is a fielding method used by a fielder to prevent the ball going past them. This involves the fielder stopping the ball with their hands, by positioning their body in line with the ball just in case they miss the ball with their hands.





# Physical Education

## Cricket Year 3

### Unit Purpose

The unit of work will **explore** how to **apply** the principles of **attack** vs **defence** in a cricket context. Pupils will learn how to utilise fielding skills to keep the batter's score as low as possible. Pupils will also explore batting skills to **outwit** the fielders and score as many runs (points) as possible.

### Inspire Me

**Sachin Tendulkar** or the Little Master is a former Indian cricketer and the highest run scorer of all time in international cricket. He is the only player to have scored one hundred international centuries.



### Key Success Criteria

- P** Pupils will develop their throwing, catching and batting skills to outwit their opponents and win the game.
- C** Pupils will demonstrate a growing understanding of the difference between attack and defence (batting and fielding).
- S** Pupils will develop life skills such as respect and cooperation as they collaborate with others including their opponents.
- W** Pupils will apply their skills with developing confidence as they grow in their ability to show self motivation and determination.

### Vocabulary for Learning

**Throwing:** means using your arm/hand to propel a ball with force through the air to a specific target or area.

**Catching:** means receiving and holding the ball with our hands when the ball has been hit or thrown to us. This includes holding onto a ball struck by a batter before it touches the ground.

**Outwit:** means using your intelligence to trick or out smart your opponent or the other team.

**Strike:** means hitting the ball with a bat with the purpose of scoring runs.



### Sport Specific Vocabulary

**Batting:** Batting is the skill of hitting a ball with a bat into a space to score runs. The aim of the game for the batter (attacking team) is to score as many runs as possible.

**Fielder:** A fielder is a defensive position that is occupied while the other team are batting. The aim of the fielding team (defending team) is to keep the batters score as low as possible.

**Out:** is a form of dismissal which occurs when the batters period of batting is brought to an end by the opposing team.

