



PE Year Five/Six - Athletics

Key Skills

To be able to:

- Run increasing distances and be able to pace running speed.
- To use an overarm technique to throw an object (javelin or ball) at increasing distances.
- To develop the technique for triple jump.



Vocabulary

Pacing runs	To run at a speed that conserves some energy for later use. To alter my pace depending on context.
Jumping for height	To run as quickly as possible over a short distance.
Triple jump	An event in which athletes try to jump as far as possible along the ground, using one hop, one step and one jump. Triple jumpers build up speed with a long run up.
Throwing for distance	To launch both legs off the floor to jump as high as possible.
Javelin	The Javelin throw is a track and field event where the javelin, a spear about 2.5m in length is thrown.
Stamina	
Personal best	
Decathlon	A combined athletic event with 10 events: 100-metre sprint, long jump, shot put, high jump, 400-metre race, 110-metre hurdles, discus, pole vault, javelin and 1,500 metres.
Heptathlon	A combined athletic event with 7 events: 100-metre sprint, high jump, shot put, 200-metre sprint, long jump, javelin throw and 800-metre run.

Thinking/strategic

It is important to:

- Manage pace in (distance races) in order to achieve your best in different events.
- In athletics, it is important to try and reflect on your strengths and weaknesses in order to beat your personal bests.
- When things do not go well consider which parts of your technique were not quite right, and take steps to improve them. You should also try to help others to improve through offering clear and fair feedback. Small changes to technique can make a huge difference to the outcome!

Knowledge

Athletics is the name for a group of sporting events that require strength, endurance and skill. Athletics tests the skills of running, jumping and throwing, and includes track and field events.

Track events involve running and sprinting. Examples are the 100 metre sprint, 110 metre hurdles, the 400 metres and the 1500 metres.

-Field events often use skills like jumping (for distance and height) and throwing (for distance and accuracy).

Examples include the long jump, the high jump, the shotput throw and the javelin.

Someone competing in athletics is known as an athlete. There are also 'combined events' which include the heptathlon and the decathlon.