

Dog Kennel Hill Primary School - Physical Education

Topic: Athletics

KS1

Strand:

What should I already know?	
<ul style="list-style-type: none"> • Children should have an understanding of the word run. • They should have an understanding of the word throw and be able to throw objects. 	

What will I know by the end of the unit?	
End of Key stage expectations	<ul style="list-style-type: none"> • Develop awareness of speed and distance • Develop control and fluency in their movements • Develop listening skills and quick reactions • Use different running and walking speeds for shorter and longer durations • Understand what happens to their bodies when they exercise • Describe different running and walking speeds

Inspirational Athlete	
<p><u>Usain bolt</u></p> <p>Usain St Leo Bolt (born 21 August 1986) is a Jamaican former sprinter, widely considered to be the greatest sprinter of all time. He is a world record holder in the 100 metres, 200 metres and 4 × 100 metres relay.</p> 	<p><u>Tianna Bartoletta</u></p> <p>Tianna Bartoletta (born August 30, 1985) is an American track and field athlete who specializes in the long jump and short sprinting events. She is a two-time Olympian with three gold medals.</p> 

Vocabulary	
Acceleration	To go from still to moving at speed as fast as possible
Hurdles	An obstacle that a runner may have to jump over during a race
Track	Events that involve running, usually on the running track
Field	Events that are based around jumping and throwing
Finishing line	The point at which the timer stops—YOU DO NOT STOP HERE!
Lanes	The running area that you are allowed in
Momentum	Creating speed that is used to transfer into power for a jump, throw or to gain top speed as quickly as possible
Relay	Working as a team to complete a race with a baton.

Diagram/Information	
<p>Track: Running Events</p> <p>50m sprint: Running as fast as you can from the start until the finish</p> <p>400m: Endurance race meaning you can't sprint the entire race. You need to pace your race so that you don't get too tired too quickly but have still run as fast as you can.</p> 	<p>Field: Jumping and Throwing</p> <p>Howler Throw: Overarm throw trying to launch the howler as far as possible. A straight or bent arm technique can be used Standing</p> <p>Long Jump: Two footed single jump forward. How far can you jump?</p> 

Dog Kennel Hill Primary School - Physical Education

Topic: Athletics

KS2

Strand:

What should I already know?

- Develop awareness of speed and distance
- Develop control and fluency in their movements
- Develop listening skills and quick reactions
- Use different running and walking speeds for shorter and longer durations
- Understand what happens to their bodies when they exercise
- Describe different running and walking speeds

What will I know by the end of the unit?

- End of Key stage expectations
- Develop greater fluency and coordination in running for speed
 - Develop and understand the basic skills and techniques for acceleration
 - Learn to sustain pace over longer durations
 - Apply different and appropriate starting positions to different events
 - Organise themselves in small groups and take turns at different roles
 - Explain how warming up can affect their performance
 - Say why speed is important to other activities and games
 - Measure and record performance and aim to improve performance

Inspirational Athlete

Mo Farah

Mo Farah, in full Mohamed Farah, (born March 23, 1983), Somalian-born British distance runner who won gold medals in both the 5,000-metre and 10,000-metre races at the 2012 London Olympics and the 2016 Rio de Janeiro Olympics.



Javier Sotomayor

Javier Sotomayor Sanabria (born October 13, 1967) is a retired Cuban track and field athlete, who specialized in the high jump and is the current world record holder.



Vocabulary

Acceleration	To go from still to moving at speed as fast as possible
Hurdles	An obstacle that a runner may have to jump over during a race
Explosive Power	Force generated by your body to make your body jump.
Field	Events that are based around jumping and throwing
Finishing line	The point at which the timer stops—YOU DO NOT STOP HERE!
Lanes	The running area that you are allowed in
Momentum	Creating speed that is used to transfer into power for a jump, throw or to gain top speed as quickly as possible
Officiate	To assist running events by applying rules
Relay	Working as a team to complete a race with a baton.
Relay Changeover	How the baton is passed from one runner to the next.
Track	Events that involve running, usually on the running track
Technique	Understand the set of actions required for each activity.

Diagram/Information

Relay Changeover

Passing the baton to the next runner is a vital aspect of a relay race. The next runner needs to be moving when the changeover is made. This allows the runner get to their top speed quicker and will finish the race in a faster time.

