

## Athletics – Sportshall Athletics and Outdoor Athletics

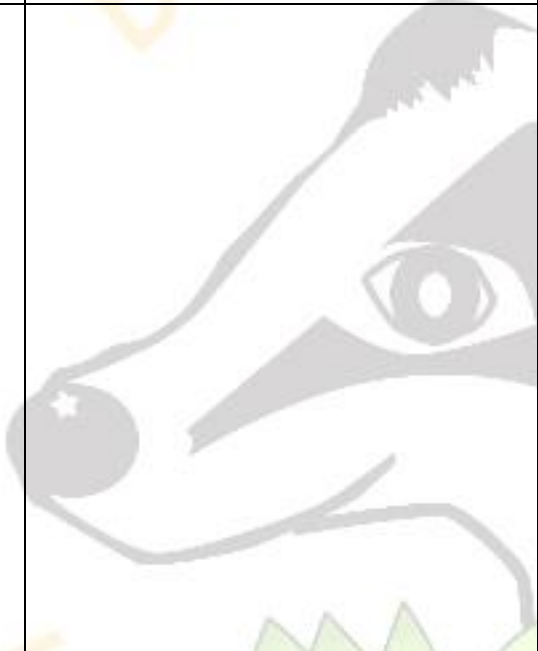

Key Skills		Personal Best	Learning to Lead	Peer / Self-Assessment	Spirit of the Games	
<b>Skill</b>	<b>Description</b>	<ul style="list-style-type: none"> <li>Speed bounce</li> <li>Vertical jump</li> <li>Long jump</li> <li>Triple jump</li> <li>Timed running</li> <li>Distance running</li> <li>Javelin throw</li> <li>Chest push</li> </ul>	<ul style="list-style-type: none"> <li>Small groups</li> <li>Warm-up</li> <li>Warm-downs</li> <li>Use iPads to record performance</li> </ul>	<ul style="list-style-type: none"> <li>Have a clear assessment criterion</li> <li>Vary the work assessing</li> <li>Allow time to respond</li> <li>Model responses</li> <li>Give examples of next steps</li> <li>Vary how assessment is encouraged (verbal / videoed)</li> </ul>	<div style="background-color: #e0e0e0; padding: 5px; font-size: 8px; margin-bottom: 5px;">The values of the School Games</div> 	
			Resources			
			<ul style="list-style-type: none"> <li>Skills to Play Sports</li> <li>Teaching Athletics</li> <li>LCP</li> <li>Tops</li> <li>REAL PE</li> <li>Val Sabin</li> </ul>			

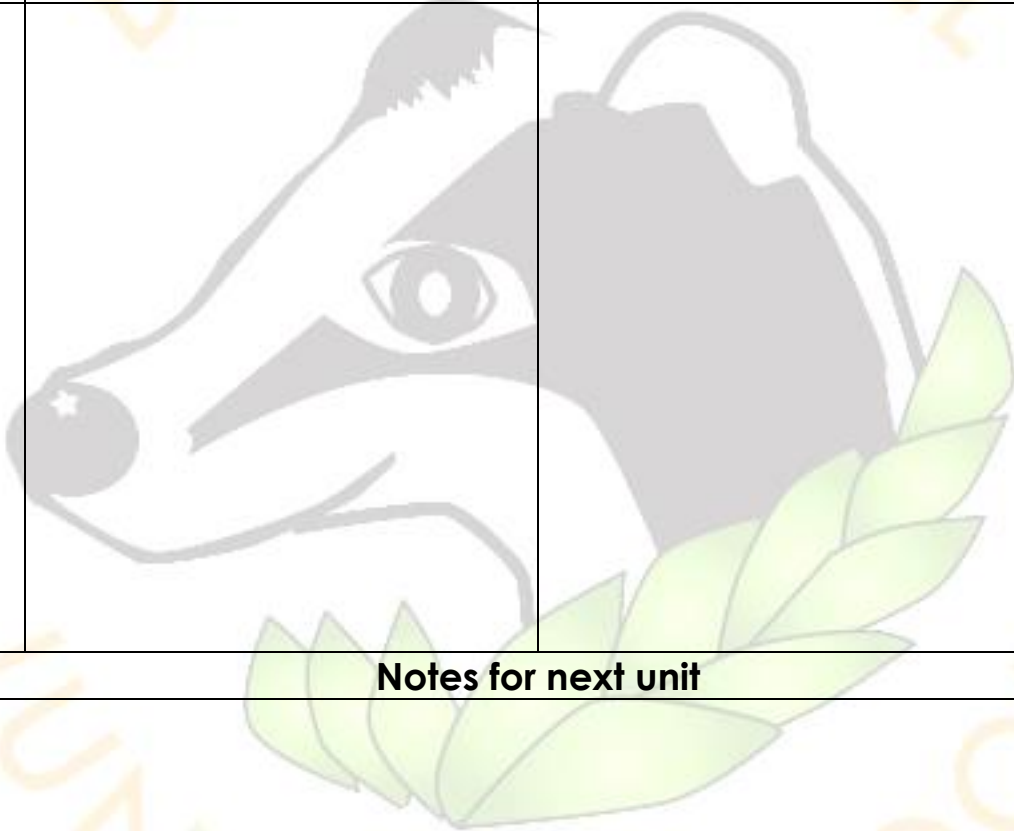
Year 3	Year 4	Year 5	Year 6	KS3
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<p><b>Health and Fitness</b> Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and warm down.</p>	<p><b>Health and Fitness</b> Describe how the body reacts at different times and how this affects performance. Explain why exercise is good for your health. Know some reasons for warming up and warming down.</p>	<p><b>Health and Fitness</b> Know and understand the reasons for warming up and warming down. Explain some safety principles when preparing for and during exercise.</p>	<p><b>Health and Fitness</b> Understand the importance of warming up and cooling down. Carry out warm-ups and warm-downs safely and effectively. Understand why exercise is good for health, fitness and wellbeing. Know ways to become healthier.</p>	<p><b>Health and Fitness</b> Understand the importance of warming up and cooling down. Carry out warm-ups and warm-downs safely and effectively. Understand why exercise is good for health, fitness and wellbeing. Know ways to become healthier.</p>
<p>Can run at different speeds.</p> <p>Can jump from a standing position,</p> <p>Performs a variety of throws with basic control.</p>	<p>Can change speed and direction whilst running.</p> <p>Can jump from a standing position with accuracy.</p> <p>Performs a variety of throws with control and co-ordination.</p> <p>preparation for shot put and javelin</p> <p>Can use equipment safely</p>	<p>Beginning to run at speeds appropriate for the distance. e.g. sprinting and cross country</p> <p>Can perform a running jump with some accuracy</p> <p>Performs a variety of throws using a selection of equipment.</p> <p>Can use equipment safely and with good control.</p>	<p>Beginning to build a variety of running techniques and use with confidence.</p> <p>Can perform a running jump with more than one component. e.g. hop skip jump (triple jump)</p> <p>Demonstrates accuracy in throwing and catching activities.</p> <p>Describes good athletic performance using correct vocabulary.</p> <p>Can use equipment safely and with good control.</p>	<p>Beginning to build a variety of running techniques and use with confidence.</p> <p>Can perform a running jump with more than one component. e.g. hop skip jump (triple jump)</p> <p>Beginning to record peers performances, and evaluate these.</p> <p>Demonstrates accuracy and confidence in throwing and catching activities.</p> <p>Describes good athletic performance using correct vocabulary.</p> <p>Can use equipment safely and with good control.</p>

BROCKWELL

**Assessment**

Working Towards	Mastered	Greater Depth	Assessment Types – videos, observational, discussion
			



**Notes for next unit**

JUNIOR SCHOOL