

## Medium Term Plan: Supporting Implementation of LTP/Progression Grid

**Subject:** KS1 Year B - Athletics

**Key Concept- Concepts:** Joy of movement, personal challenge, building resilience, Critical thinking, and action.

**POS aims from NC:**

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

### **Prior Learning (what pupils already know and can do)**

- To know how to run, jog, sprint, speed up and slow down.
- To know how to balance, stand on one leg, link running and jumping movements.
- To know how move safely, confidently, to chase, dodge and invade.
- Know how to use a variety of equipment, resources, observe and copy what others have done.
- To be able to talk about what they are doing using appropriate vocabulary, listen and follow simple instructions and rules.

### **Long-term Learning (what pupils MUST know and remember) End Goals**

#### **200m Sprint and Javelin**

- To know the rules and stages of a sprint race and be able to follow them
- To know the technique and posture required for a successful run, and knowing how to perform a sprint finish
- To know the safety procedures, rules and stages of a javelin throw and be able to follow them
- To know the correct posture and technique required for a successful javelin throw

### **Key Vocabulary**

Fast, backwards stop, start, safely, pump arms, run, forwards, slow, head up, lift knees, kicking horses, hop, skip, step, aim, fast, medium, slow, acceleration, deceleration, strength, Elbows out, grip

**Session 1 – To develop confidence and some understanding of safety through participation in a range of movement activities. To develop body awareness through varying body movements, e,g change of speed and direction. To be able to perform the basic technique for an effective sprint start and to be able to respond appropriately to the instructions “on your marks, get set, go!”**

- To know how to move safely and to demonstrate a change in pace (walk, jog, sprint).
- To know how to run with the correct technique over a short distance whilst running in a straight line within a lane.
- To know how to move with control, coordination.
- To know and understand why running is important.
- To know how to accelerate over a short distance.
- To know how to keep head and trunk stable and eyes focused forwards.
- To know how to respond to the start of a race.

Healthy Participation – To discuss the importance of speed, power, stamina and strength to be able to effectively sprint. Show a clip of Usain Bolt setting the 100m world record in Berlin. <https://youtu.be/DiJKCQSkjOw>

Vocabulary – Head up, stable body position, eyes looking forward, elbows bent, lean, drive, speed, high knees, kick back, big arms, pump arms, acceleration, deceleration, endurance, strength.

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**Session 2 – To be able to perform the correct technique for throwing the javelin. To understand and perform the chin, knee, toe technique to maximise distance when throwing. To use the correct safety procedures when throwing and collecting equipment.**

- To know the safety procedures when throwing and collecting the javelin including throwing and collecting when instructed.
- To know how to correctly carry the javelin, vertically with the point down.
- To know how to correctly stand feet shoulder width apart facing forward with elbows out (Mr Muscle).
- To understand what a cord grip is and how to hold the javelin using a strong and stable grip.
- To know how to throw a sideways using the chin, knee, and toe technique.

Healthy Participation – Discuss the benefits of warming up before PE (raising body temperature and increasing blood flow to muscles) and the effects that a good warm up can have on performance. Discuss the effects of an effective cool down to reduce muscle soreness, lessen your risk of injury.

Vocabulary – strength, elbows out, V grip, finish grip, cord grip, strong, stable, chin, knee, toe.

**Session 3 – To be able to perform the basic technique for an effective sprint finish. To be able to participate in a 100m race situation and discuss what happens at the finish line. To be able to evaluate their performance and others and suggest way to make improvements. To understand the components of fitness involved in short distance races.**

- To explore different ways of moving in personal and general space.
- To perform the correct technique by keeping the body upright, using arms and driving forwards.
- To know how to perform the correct sprint finish in a race and how to respond to feedback.
- To understand the importance of showing good sportsmanship in race situations.

Healthy Participation – To discuss why we need to sprint in other sports and why being a fast runner can benefit performance in other sports. Show a clip of the fastest football players and how they use speed to outwit opponents and score goals. <https://youtu.be/YhpnEygRitI>

Vocabulary – Head up, stable, eyes looking forward, elbows bent, lean, drive, speed, high knees, kick back, big arms, pump arms, acceleration, deceleration, endurance, strength.

**Session 4 – To accurately replicate the technique for an effective javelin throw. To understand and appreciate the need to make decisions about refinement of technique after each throw. To understand the rules regarding the throw and landing.**

- To know how to throw within a defined area and only when the area is clear.
- To know how to retrieve the javelin and to understand the importance of not throwing the javelin to return it.
- To know that toes must be pointed in the direction of the throw.
- To know how to throw using a bent arm.
- To know that the javelin is held directly above the head or throwing arm shoulder with arm bent and shoulders forward.
- To know that the point of the javelin and non-throwing arm should be pointed directly at the target.
- To know that the throwing action is a “pulling” not a “pushing” action.
- To know how to release the javelin from the fingers.
- To know how to complete a standing throw (preparatory position).

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Healthy Participation – Highlight the benefits of taking part in athletics on your long-term health. Discuss the benefits of being healthy and active. Discuss options for local athletics clubs in the area.

Vocabulary – strength, elbows out, V grip, finish grip, cord grip, strong, stable, chin, knee, toe.

**Session 5 - To be able to demonstrate good sportsmanship in race situations. To be accepting of winning or losing and acknowledge how to cope with losing. To know how to show empathy towards others and the importance of always trying again.**

**To practise breathing techniques in the classroom inhaling and exhaling. <https://youtu.be/iJEJnH4LKmM>**

- To develop confidence when sprinting and know how to use acceleration and deceleration.
- To know how to create more power using choppy arms, high knees and sustain form.
- To know how to start from a crouch position.
- To know the importance of a dip finish and stay focused on my own performance.
- To know how to control breathing when running.
- To know how in inhale and exhale using both nose and mouth.

Healthy Participation – To know the importance of having regular drink breaths throughout the PE lesson. To understand that if you are sweating, it is important to drink water to replace the fluids lost when sweating.

Vocabulary – Head up, stable, eyes looking forward, elbows bent, lean, drive, speed, high knees, kick back, big arms, pump arms, acceleration, deceleration, endurance, strength.

**Session 6 – To be able to successfully throw a javelin from a standing position, while walking and with a run up. To know and understand how to measure the distance of the throw. To be able to evaluate peer performance and improve technique.**

- To know how to keep the javelin pointed at the target and close to head.
- To know how to step and throw and to use correct timing use the cue “step, throw”.
- To know that both feet should be pointed in the direction of the throw.
- To know how to use a walking throw approach (3-5 steps) and a run beyond 3 steps.
- To know how to measure throws from where the tip of the javelin first strikes.
- To know how to compare throws with others and to know what a no throw is.

Healthy Participation – Discuss the importance of cooling down that it allows for a gradual recovery, helps to regulate blood flow, preventing injuries such as muscle tears etc.

Vocabulary – strength, elbows out, V grip, finish grip, cord grip, strong, stable, chin, knee, toe.

Future learning this content supports:

This unit will support future athletics in LKS2. It will also support them during their autumn term topics which are tag rugby and football helping them to transfer the skills across. Pupils will have improved their top speed, improved acceleration, increased their muscle growth, be able to recover quick and have more endurance throughout.

**Cross Curricular Links:** Literacy (key words), Citizenship (sportsmanship & cooperation), Science (muscle names, bodily functions, and healthy lifestyle consequences), Math's (measuring distances, collating data & comparing recordings against other bests).