

Our School Values	
Love	We show love by supporting and encouraging one another through different PE activities.
Unity	We show unity by working and playing in teams.
Courage	We show courage by being brave and trying new things in PE.
Inspiration	We show inspiration by encouraging others to have a go and demonstrating our skills.



Year 5

Physical Education (PE)

Athletics



NC Objectives:

Use running, jumping, throwing and catching in isolation and in combination

develop flexibility, strength, technique, control and balance

Follow and explain rules to others confidently.

Beginning to record peers performances, and evaluate these.

Learn from others how they can improve their skills.

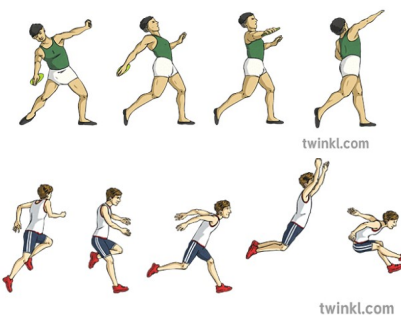
Comment on tactics and techniques to help improve performances.

Make suggestions on how to improve their work, commenting on similarities and differences.

	Knowledge I already know	Knowledge I will learn
Running	<p>How to demonstrate the difference in sprinting and jogging techniques</p> <p>How to demonstrate an improved technique for sprinting</p> <p>How to select preferred starting position</p> <p>How to carry out an effective sprint finish</p> <p>How to perform a relay, focusing on the baton changeover</p> <p>How to develop a fluent changeover from a sprint start</p> <p>Show accurate pace - run at a speed that is appropriate for the distance being run.</p> <p>Sprint 50m within 10-13secs develop to under 10secs</p> <p>Run for longer distance 400m 2:01-2:30 develop to under 2mins</p>	<p>How to perform a three point start consistently and confidently</p> <p>How to carry out an effective sprint start</p> <p>How to identify their reaction times when performing a sprint start</p> <p>How to accelerate from a variety of starting positions</p> <p>How to confidently and independently select the most appropriate pace for different distances and different parts of a run</p> <p>Improve and sustain running techniques at different speeds.</p> <p>Sprint 75m within 16-20 develop to 12-15secs</p> <p>Run for longer distance 600m 3:31-5:00 develop to 2:31-3:30</p>
Throwing	<p>How to perform a pull throw</p> <p>How to continue to develop techniques to throw for increased distance</p> <p>How to throw with some accuracy and power to a target area</p> <p>Throw a variety of objects with one hand and know how to aim these to improve performance (using strategies).</p> <p>Overarm throw 20- 29m develop to 30- 34m</p> <p>Chest push 4-6m develop to 6-8m</p>	<p>How to perform a fling throw</p> <p>How to throw a variety of implements using a range of throwing techniques</p> <p>How to continue to develop techniques to throw for increased distance</p> <p>How to sow accuracy and power when throwing for distance</p> <p>Be accurate and precise when throwing at a target.</p> <p>Overarm throw 30 - 34m develop to 35+m</p> <p>Chest push 6 - 8 m develop to 8+</p>
Jumping	<p>How to jump for distance with balance and control</p> <p>Being to learn how to combine a hop, step and jump to perform the standing triple jump</p> <p>How to land safely and with control</p> <p>Take a running jump with appropriate foot patterns/movements.</p> <p>Jump for height 25- 29cm Jump for distance 120-149cm</p> <p>Leap hurdles 60m within 14-17 secs develop to under 14secs</p> <p>How to combine running with jumping over hurdles</p>	<p>How to show control at take-off and landing in jumping activities</p> <p>How to improve techniques for jumping for distance</p> <p>How to perform the standing triple jump with increased confidence</p> <p>How to develop an effective technique for the running long jump, including take-off and flight</p> <p>Controlled take-off and landing when jumping.</p> <p>Combine running and jumping well with fluency.</p> <p>Jump for height 30- 34cm</p> <p>Jump for distance 150 -179cm</p> <p>Leap hurdles 60m within 18-25 secs develop to 14- 17 secs</p> <p>Know how to combine running and jumping over hurdles, using most confident leg</p>

Key Vocabulary

Word	Definition
Precise	To be exact and accurate
Tactics	An action or strategy carefully planned to achieve a specific end.
Sustain	To keep something going
Pace	The speed that you are going



Healthy Me

I can describe the effect exercise has on the body

I can explain the importance of exercise and a healthy lifestyle.

I understand the need to warm up and cool down with links to the type of activity being done.