

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 6

### Physical Education (PE)

### Athletics



#### NC Objectives:

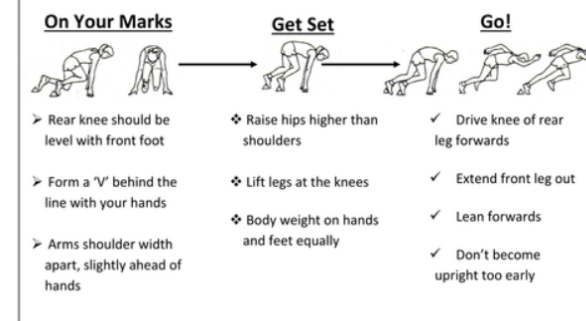
Use running, jumping, throwing and catching in isolation and in combination  
 develop flexibility, strength, technique, control and balance  
 Record peers performances using ICT, and evaluate these. Describes good athletic performance using correct vocabulary.  
 Watches and describes performances accurately.  
 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
<b>Running</b>	<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>	<p>How to select and apply the best pace for a running event</p> <p>How to accelerate to pass other competitors</p> <p>How to build up speed quickly for a sprint finish</p> <p>How to work as a team to competitively perform a relay</p> <p>Improve and sustain running techniques at different speeds.</p> <p>To hold a pace for a set period of time.</p> <p>To increase pace for starting point.</p> <p>Sprint 75m within 16-20 develop to 12-15 secs</p> <p>Run for longer distance 600m 3:30-5:00 develop to 2:31-3:30</p>
<b>Throwing</b>	<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 show 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>	<p>How to develop the technique for the push, pull and fling throw and support others in improving their performance</p> <p>How to show accuracy and good technique when throwing for distance</p> <p>Demonstrates accuracy and confidence in throwing and catching activities.</p> <p>Overarm throw 30 - 34m develop to 35+m</p> <p>Chest push 6 - 8 m</p>
<b>Jumping</b>	<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>	<p>How to develop the technique for running long jump</p> <p>How to maintain control at each of the different stages of the triple jump</p> <p>How to land safely and with control</p> <p>Perform and apply different types of jumps in other contexts</p> <p>Can perform a running jump with more than one component. e.g. hop skip jump (triple jump)</p> <p>Jump for height 30 - 34cm Jump for distance 150 -179cm</p> <p>Leap hurdles 60m within 18-25 secs develop to 14-17 secs</p> <p>Know how to confidently use preferred leg when running over hurdles</p>

#### Key Vocabulary

Word	Definition
<b>Triple jump</b>	an athletic event in which competitors attempt to jump as far as possible by performing a hop, a step, and a jump from a running start.

#### Sprint Start Technique



#### 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.