



Topic: PE – Run, Jump , Throw

Year: 5

NC Strand: Developing technique and control

What should I already know?

You should already be comfortable using basic movements in isolation; including running, jumping, throwing and catching.

You should have worked on developing balance, agility and co-ordination, and have begun to apply these in a range of activities.

You should have worked in small teams in a variety of roles.

You should have used and kept basic rules for games activities.

What will I know by the end of the unit?

- I will be able to demonstrate running, jumping, throwing and catching in combination.
- I will be able to demonstrate running for speed with good posture, balance and stability.
- I will be able to demonstrate running and jumping for speed with good balance, posture and control.
- Demonstrate control, balance and power when jumping for distance.
- Be able to throw with control, accuracy and power.
- I will be able to compare my performances with previous ones and articulate my thoughts.

Vocabulary

Balance	The ability to stay upright or stay in control of body movement,
Speed	the ability to move quickly across the ground or move limbs rapidly to grab or throw
Co-ordination	the ability to move two or more body parts under control, smoothly and efficiently
Posture	The position of the body during static and dynamic situations.
Control	Maintaining composure and flow throughout an action.
Power	The ability to apply a maximal force in a short time e.g. Pushing off to jump or accelerating to start a sprint race.
Accuracy	Throwing successfully to a pre stated target.
Sprinting	Technique used by athletes to run as fast as possible.
Hurdles	A combination race that requires both sprinting and jumping.
Long Jump	Athletics event that requires a 1 footed take off and a two footed landing.
Turbo Javelin	An adapted plastic or foam javelin that can be thrown indoors.



Eveque Award Scheme

As part of our topic, we follow the Eveque ‘Primary Sports hall’ Award Scheme. Below is a brief outline of the Pentathlon events that pupils will compete in during their year 5 RJT unit.

Pentathlon Event Outline

1. BALANCE TEST P D

WHAT Balance on one leg whilst holding the other
MEASURE Complete 2 trials on each leg for a maximum of 15 seconds each
HOW Focus on a static point and use your free arm to help you balance



2. STANDING LONG JUMP P D

WHAT Jump forward and land on two feet as far as you can
MEASURE You will be measured from the start line to the back of your heels
HOW Start by swinging your arms and aim for "height in flight"



3. SPEED BOUNCE P D

WHAT Bounce over the soft wedge on two feet as many times as you can
MEASURE You have 20 seconds to bounce but any squashed attempts do not count
HOW Use your arms and stay close to the wedge – don't bounce too high!



4. TARGET THROW P D

WHAT Throw the bean bags into the same colour trays in sequence, throwing three bean bags to each tray
MEASURE You score 2 points if the right bean bag lands fully in the tray, 1 point if it touches or bounces in
HOW Take your time and try to judge the distances



5. HI-STEPPER P D

WHAT Run from the start line through the Hi-Stepper 4 times
MEASURE The distance is 4 x 8m but you get a time penalty if you turn before the line (0.2s) or miss a step (0.1s)
HOW Remember to drive your knees and pump your arms



Pentathlon Target Scores



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GIRLS POINTS	BALANCE TEST 4 X 15 SECS	STANDING LONG JUMP	SPEED BOUNCE 20 SECS	TARGET THROW	HI-STEPPER 4 X 8M	BOYS POINTS
	n/a n/a secs	3cm 1 mtrs	1 no. 1 no.	24 scores 71	0.1 sec 2 secs	
If your score goes off the table points will be awarded as follows:						
70	-	2.40	70	-	12.7	70
69	-	2.37	69	23	12.8	69
68	-	2.34	68	-	12.9	68
67	-	2.31	67	-	13.0	67
66	-	2.28	66	22	13.1	66
65	60	2.25	65	-	13.2	65
64	59	2.22	64	-	13.3	64
63	58	2.19	63	21	13.4	63
62	57	2.16	62	-	13.5	62
61	56	2.13	61	-	13.6	61
60	55	2.10	60	20	13.7	60
59	54	2.07	59	-	13.8	59
58	53	2.04	58	-	13.9	58
57	52	2.01	57	19	14.0	57
56	51	1.98	56	-	14.1	56
55	50	1.95	55	-	14.2	55
54	49	1.92	54	18	14.3	54
53	48	1.89	53	-	14.4	53
52	47	1.86	52	-	14.5	52
51	46	1.83	51	17	14.6	51
50	45	1.80	50	-	14.7	50
49	44	1.78	49	-	14.8	49
48	43	1.76	-	16	14.9	48
47	42	1.74	48	-	15.0	47
46	41	1.72	-	-	15.1	46
45	-	1.70	47	15	15.2	45
44	40	1.68	46	-	15.3	44
43	-	1.66	45	-	15.4	43
42	39	1.64	44	14	15.5	42
41	-	1.62	43	-	15.6	41
40	38	1.60	42	-	15.7	40
39	-	1.59	41	13	15.8	39
38	37	1.58	40	-	15.9	38
37	-	1.57	39	-	16.0	37
36	36	1.56	38	12	16.1	36
35	35	1.55	37	-	16.2	35
34	34	1.54	36	-	16.3	34
33	33	1.53	35	11	16.4	33
32	32	1.52	34	-	16.5	32

