



Topic: PE – Run, Jump , Throw

Year: 6

NC Strand: Developing technique and control

**What should I already know?**

- 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.

**What will I know by the end of the unit?**

- I will be able to demonstrate effective sprinting technique and show endurance when competing against my peers.
- I will be able to demonstrate coordination and generate momentum when performing combination jumps such as the triple jump.
- I will be able to demonstrate muscular explosiveness and agility to develop power when jumping vertically for height.
- Be able to throw long distances by combining momentum, power and effective angle of release.
- I will be able to apply my 'pull throw' knowledge to aid my javelin event effectiveness.

**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.
Endurance	Stamina. The ability to continue running during long distance events.
Momentum	Mass in motion. The strength of a moving object. To gain momentum, push off and accelerate using your whole body.
Agility	The ability to move and turn quickly and easily.
Angle of Release	Aim to release the javelin with your throwing arm at 45 degrees.



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**Eveque Award Scheme**

In RJT, we follow the Eveque ‘Primary sports hall’ award scheme. In year 5 pupils took part in the pentathlon. During year 6, the additional events to form the decathlon are studied.

**Decathlon Event Outline (1-5 completed in Y5, 6-10 outlined below)**

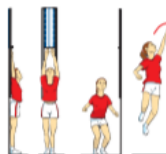
**6. CHEST PUSH Ⓞ**

**WHAT** Throw the 1kg ball as far as possible with both hands from the chest  
**MEASURE** You will be measured where the ball lands, to the nearest 25cm  
**HOW** Aim high, about 45 degrees, and follow through with both arms



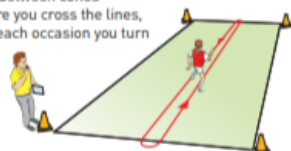
**7. VERTICAL JUMP Ⓞ**

**WHAT** Jump and touch the measuring scale as high up as you can  
**MEASURE** Your reach will be measured before your jump  
**HOW** Swing your arms by your sides before you leap to help push your body up



**8. SHUTTLE RUN (10x10m) Ⓞ**

**WHAT** Sprint 10 lengths of 10m between cones  
**MEASURE** Judges will make sure you cross the lines, adding a time penalty (0.2s) for each occasion you turn before the line  
**HOW** Concentrate on turning quickly and run in a straight line



**9. FOAM JAVELIN Ⓞ**

**WHAT** Throw the javelin as far as possible from a standing position  
**MEASURE** The distance will be measured to the nearest completed metre  
**HOW** Keep the javelin pointing straight - at a 45 degree angle and follow through with your throwing arm



**10. STANDING TRIPLE JUMP Ⓞ**

**WHAT** Jump as far as you can using the ‘Hop, Step & Jump’ combination  
**MEASURE** When you finish you will be measured from the back of your heels to the start line  
**HOW** Practise the sequence, stay tall and start with one foot in the air to assist the first hop



**Decathlon Target Scores**



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GIRLS POINTS	CHEST PUSH 1KG	VERTICAL JUMP	SHUTTLE RUN 10 X 10M	FOAM/BULL NOSED JAVELIN	STANDING TRIPLE JUMP	BOYS POINTS
	25cm 2 mtrs	1cm 1 cms	0.2 sec 1 secs	1m 2 mtrs	10cm 1 mtrs	
70						70
69						69
68	10.50	59	26.0	-	6.85	68
67	-	-	26.2	23	6.75	67
66	10.25	58	26.4	-	6.65	66
65	-	57	26.6	-	6.55	65
64	10.00	-	26.8	22	6.45	64
63	9.75	56	27.0	-	6.36	63
62	9.50	55	27.2	-	6.28	62
61	-	-	27.4	21	6.20	61
60	9.25	54	27.6	-	6.12	60
59	-	53	27.8	-	6.04	59
58	9.00	-	28.0	20	5.96	58
57	-	52	28.2	-	5.88	57
56	8.75	51	28.4	-	5.80	56
55	8.50	-	28.6	19	5.72	55
54	8.25	50	28.8	-	5.64	54
53	8.00	49	29.0	-	5.56	53
52	-	48	29.2	18	5.48	52
51	7.75	47	29.4	-	5.40	51
50	7.50	46	29.6	-	5.34	50
49	-	45	29.8	17	5.28	49
48	7.25	44	30.0	-	5.22	48
47	7.00	43	30.2	-	5.16	47
46	-	42	30.4	16	5.10	46
45	6.75	41	30.6	-	5.04	45
44	6.50	40	30.8	-	4.98	44
43	-	-	31.0	15	4.92	43
42	6.25	39	31.2	-	4.86	42
41	-	38	31.4	-	4.80	41
40	6.00	-	31.6	14	4.75	40
39	-	37	31.8	-	4.70	39
38	5.75	36	32.0	-	4.65	38
37	-	-	32.2	13	4.60	37
36	5.50	35	32.4	-	4.55	36
35	-	34	32.6	-	4.50	35
34	5.25	-	32.8	12	4.45	34
33	-	33	33.0	-	4.40	33
32	5.00	32	33.2	-	4.35	32
	-	31	33.6	-	4.25	31

