



Topic: PE – Athletics
Run, throw, jump

Year: 5

NC Strand: analysing performance' and 'competitive sports.'

What should I already know?

At the beginning of this unit, pupils should already know:

- The basic running technique for running events.
 - Understand the basic technique on how to throw a foam javelin or ball.
 - Have basic understanding of how to take off for a long jump event.
 - High jump will be new to all students but they may have seen this event conducted on tele and therefore have some basic idea of how the event is conducted.
 - Pupils should already know and have the basic skills on how to time, record and score for peers.
- Pupils may have some previous experience on how to jump over plastic hurdles.

What will I know by the end of the unit?

By the end of this unit, pupils should know:

-Track

What the correct running techniques are for short and long distance running.

- Should know how to accelerate in sprints.
 - should know the safety aspect of running on different surfaces.
 - Should know and have experience timing and recording peers times in a range of running events.
- Should know the basics of how to carry out an endurance run.
Have basic understanding of baton handovers for relay races.

Field

Should know the importance of safety when throwing foam Javelin and indoor shot.

- Be able to demonstrate the correct techniques for the javelin and shot throw.
- Should know the basic technique for long jump (one foot take off and two-foot landing)
- Be able to demonstrate basic knowledge and understanding of how to conducted the scissor kick in high jump.
- Should know how to correctly measure and record scores in different field events.



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Vocabulary	
relay	An event in which athletes run a pre-set distance carrying a baton before passing it onto the next runner.
Sprint	a short running race where acceleration and top speed are important.
Accelerate	Increasing running speed as fast as you can
Long Jump	jumping event where athletes compete for the longest jump in distance.
Javelin	A foam object designed to be thrown as far as possible
Hurdle	an obstacle in a race that runners must jump or clear while running.
High Jump	a track and field jumping event. Athletes must clear a high bar without knocking it over by jumping.
Take off	Being able to take off with one foot and land with two.
endurance	is the ability of an individual to exert itself and remain active for a long period of time.

Safety aspects for Athletics

Track events

Athletes wearing appropriate clothing and shoes - jewellery removed or protected (studs).
Be conscious that grass and synthetic surfaces become slippery in wet conditions

Throwing events

Cage is safe and cage doors appropriately set
Discus, Shot, Hammer throwing circles are dry and clear of foreign objects
Check equipment is safe to be thrown.
Never stand in front of the thrower
Never stand in the cage with a thrower



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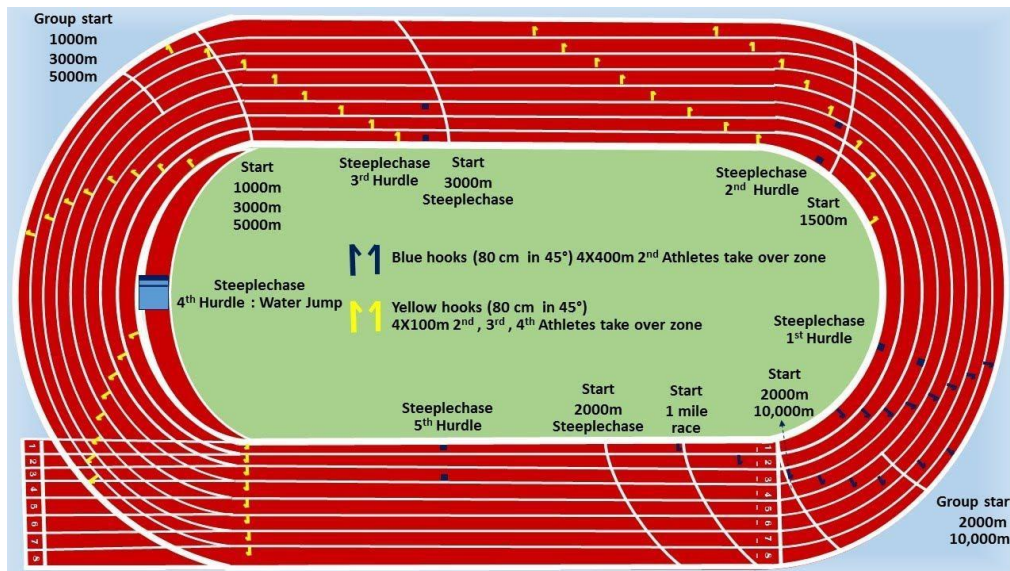
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Never throw towards anyone - therefore the thrower must look to ensure that the landing area is clear before throwing

Never run with a javelin or run to collect it

Always carry javelins vertically, point down in front of you

Always push the javelin into a vertical position, then pull it vertically from the ground





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Teacher Led drills



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Sprints

- Maintain a maximum running speed over a short distance.
- Relax and concentrate on a fast start, running through the finish.
- Using a digital stopwatch, round times up and record to 0.1s.



Distance

- Maintain your best possible pace across a set distance.
- Focus on running at an even pace throughout the race.
- Using a digital stopwatch, round times up and record to 0.1s.



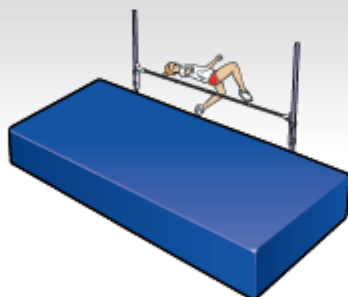
Hurdles

- Clear the eight hurdles, running as quickly as possible.
- Maintain a low centre of gravity, trying not to rise too high over the hurdles.
- Using a digital stopwatch, round times up and record to 0.1s.



High Jump

- Use the scissor jump or flop technique to clear the bar.
- Raise the bar in small increments to increase the challenge.
- Record the best height achieved before three successive failures occur.



Long Jump

- Run and jump as far as possible from the take-off board into the pit.
- Focus on a fast run-up and smooth take-off, aiming for height in flight.
- Measure the distance from the take-off board to the nearest mark in the sand.



Triple Jump

- Jump as far as you can using the "Hop, Step and Jump" combination.
- Practise the sequence, moving smoothly through the three elements.
- Measure the total distance jumped from the initial take-off line.



Discus

- Throw the discus as far as possible – a "sling" technique.
- Aim to throw at 45° and follow through with your throwing arm.
- Measure the distance thrown to the nearest completed metre.



Javelin

- Throw the javelin as far as possible – a "pull" throw.
- Keep a high arm, pull over your head and follow through.
- Measure the distance thrown to the nearest completed metre.



Shot

- "Put" a shot of the correct weight as far as you can.
- Keep the elbow high and push the shot away from the neck.
- Measure to where the shot lands, recording to the nearest 10cm cleared.

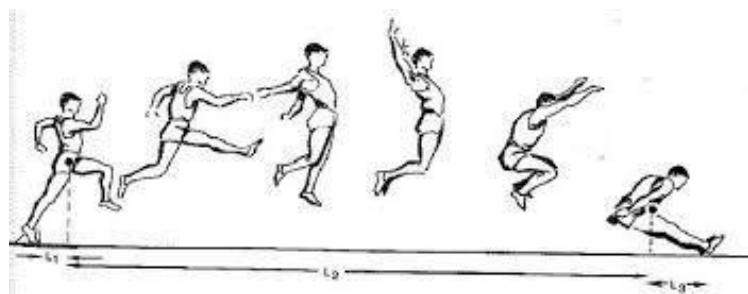
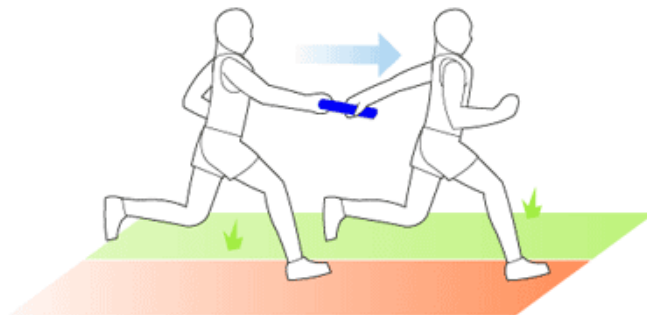
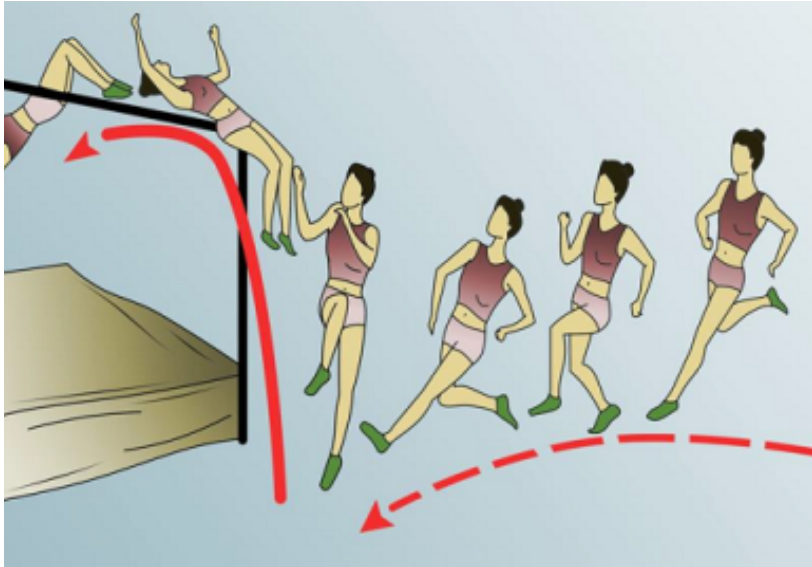




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