

National Statutory Requirements

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Series of Lessons

- Practise and reinforce sprinting techniques..
- Practise and reinforce endurance and long distance running techniques.
- Practise and reinforce standing long jump techniques.
- Practise and reinforce throwing techniques (javelin).
- Practise and reinforce throwing techniques (shotput).
- Best Personal Best.

PE



Athletics

Year 4

Unit Outcome

Practise and reinforce running, jumping and throwing techniques. Beat their *Personal Best*.

Curriculum Progression

The children will be taught to:

- Reinforce and develop their sprint start and stop positions.
- Develop efficient running techniques for different distances run, whilst increasing their endurance.
- Practise and reinforce the standing long jump position and to effectively propel themselves forwards and improve their distance.
- Practise and reinforce throwing techniques for javelin and shotput to improve accuracy and distance.

All children will be given the opportunity to self and peer evaluate performances, developing their key vocabulary whilst doing so.

Vocabulary

Balance	90° angle
Transfer	45° angle
Sprint	Tip
Pace	
Distance	
Drastically	
Endurance	
Gravity	
Foul	
Momentum	

Resources

Shot puts
Tape measure
Cones
Running track
Javelins
Stop watches