



Medium Term Unit Planning

Topic Name: - P.E (Athletics)	
Learning outcome: <i>The children will develop the correct and basic hurdle, javelin, shot-put, sprinting and relay racing technique and the differences between this and a regular throw, competing with others and keeping track of personal best performances, setting targets for improvement.</i>	
Hook Watching videos of famous athletes at the Olympics/Paralympics. Looking at photos of past sports days.	Topic Showcase (e.g. display, museum, performance, presentation) School Sports Day
Oracy: Motivation for peers and feedback on techniques throughout events.	Key Vocabulary: Hurdle, shot-put, sprint, relay, technique, players, teamwork, equipment, javelin.
Citizenship/Community Opportunities: (Focus – change in attitude/increase knowledge and awareness/make a difference) School sports Day	
Experiences/Visits/Visitors Sports Coach (once a week)	
Main Subjects covered: P.E	



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P.E Threshold concepts

*Develop practical skills in order to participate, compete and lead a healthy lifestyle.
This concept involves learning a range of physical movements and sporting techniques.*

Notes:
This scheme of work will be structured around Athletics including hurdles, javelin, shot-put, sprinting and relay racing. There will also be other lessons that will be incorporated to support these skills on a simpler level.

Lesson title and learning Intention	Threshold concepts (success criteria)	Milestones (success criteria)	Lesson structure/differentiation
1. I can develop the correct and basic hurdle/jumping technique.	This concept involves learning a range of physical movements and sporting techniques.	Use rolling, hitting, running, jumping, catching and kicking skills in combination.	Hurdles Warm up with a lap of the field and some stretches. Discuss the positive impact of stretching with the children during this time. Explain that the children will be practising hurdles today. Provide children with smaller hurdles/cones to begin with and start demonstrating the correct techniques. As children become more confident, increase the size of the hurdles.
2. I can develop the correct and basic hurdle/jumping technique.	This concept involves learning a range of physical movements and sporting techniques.	Use rolling, hitting, running, jumping, catching and kicking skills in combination.	Hurdles Warm up with a lap of the field and some stretches. Again, discuss the positive impact of stretching with the children during this time. Explain that the children will be



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			<p>using the practise of hurdles last time to take part in some small races. Give the children the opportunity to practise jumping the same hurdles. After, set out the hurdles so they get progressively taller. Have some class races and competitions to see which children can complete the hurdles the quickest and decide on what the tallest hurdles should be for sports day.</p>
<p>3. I can develop the correct and basic relay racing technique.</p>	<p>This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Use the terms 'opponent' and 'team-mate'.</p> <p>Lead others when appropriate.</p>	<p>Relay Warm up with some quick and fun games followed up by some stretches. Again, discuss the positive impact of stretching with the children during this time. Discuss how teamwork is important. What do the children think a team needs to be successful? Ask the children if anyone has heard of a relay race. Explain how the event works. Using simple equipment (bean bags, batons etc), practise hand offs with small groups. Play some small relays games and attempt one large race if the children are ready.</p>



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<p>4. I can develop the correct and basic relay racing technique.</p>	<p>This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Use the terms 'opponent' and 'team-mate'. Lead others when appropriate.</p>	<p>Relay Warm up with some quick and fun games followed up by some stretches. Again, discuss the positive impact of stretching with the children during this time. Discuss how teamwork is important. Play some of the games in the previous lesson and recap strategies. Stretch out the games to the whole field. Break the field up into 4 sections where the children can pass the baton on. After each race, discuss how we thought each team won and how teamwork affected our performances?</p>
<p>5. I can develop the different throwing techniques for each event.</p>	<p>This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Throw and catch with control and accuracy.</p>	<p>Throwing techniques Explain the different events that will happen on Sports Days, particularly those that will involve throwing as a main skill (welly wanging, javelin, shotput etc). Using bean bags, wellies, tennis balls, experiment with different throwing techniques. Explain how each event may need a different throwing style. Set up stations for each throwing event and give the children the opportunity to practise each one.</p>



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<p>6. I can develop the different throwing techniques for each event.</p>	<p>This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Throw and catch with control and accuracy.</p>	<p>Throwing techniques Recap the events from the previous lesson. Bring children up to demonstrate throwing for the different events. See if the children have remembered the main points of each technique. Continue with the stations from the previous lesson and give the children the opportunity to show what they have remembered. Use the rest of the lessons for the children to practise on their weakest area of throwing.</p>
<p>7. I can practise the techniques learnt in all areas of athletics so far.</p>	<p>This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Use the terms 'opponent' and 'team-mate'. Develop tactics.</p>	<p>Teamwork Introduce the lesson by putting the children into their house teams. Recap the events that have been practised over the past few weeks. Explain that next lesson, the children will be completing a mini-sports day, with a particular focus on the events they find the hardest.</p>
<p>8. I can use the techniques learnt in all areas of athletics so far.</p>	<p>This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Use the terms 'opponent' and 'team-mate'. Develop tactics.</p>	<p>Teamwork (Mini-Olympics) Set up the field/playground like it would be for sports day. Organise the children into their house teams and begin going through the events. Scoring like it would be on the day will get the children used to this system.</p>



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