

Topic Name: Athletics	
Learning outcome: The children will develop the correct and basic hurdle, and the differences between this and a regular throw, best performances, setting targets for improvement.	
Hook: Watching videos of famous athletes at the Olympics/Paralympics.	Topic Showcase (e.g. display, museum, performance, presentation): School Sports Day
Oracy: Developing sports commentary and feedback when performing.	Key Vocabulary: Hurdle, javelin, shot-put, sprint, relay, stamina, technique, players, teamwork, equipment.
Key Texts (whole class reading/end of the day book/To Under review	alk for Writing Texts etc.):
Citizenship/Community Opportunities (Focus – change difference): School sports Day	in attitude/increase knowledge and awareness/make a
Experiences/Visits/Visitors: Direct Sports coach	
Main subjects covered: PE	



PE 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.			
Lesson title and learning Intention	Threshold concepts (success criteria)	Milestones (success criteria)	Lesson structure/differentiation
1. To develop the correct and basic hurdle technique.	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.	Combine sprinting with low hurdles over 60 metres. Compete with others and keep track of personal best performances, setting targets for improvement.	Warm Up: Set up discs, tall cones and hurdles around an area. Children begin by walking around going through the cones, stepping over the tall cones and hurdles. Progress to jogging and then running through/over the obstacles. Progress to in Pairs, 1 times the other to see how many obstacles they can jump over in 30 seconds – rotate with partner. Part 2 Ladder and Hurdles: In 2 groups perform Ladder footwork



	challenges then sprint to the end. Progression 1: Ladder Footwork then jump over tall cones. Progression 2: Ladder Footwork then jump over hurdles. Hurdles Races: Match the children up in terms of speed and ability. In Teams of 3-4 set up hurdles Teams will race across the Hurdle track to the finish line. Points for 1st, 2nd, 3rd again. Teams must start in the correct Start position before running. Hurdles Races 2: Set the course up with the race looking like a 200m or 400m
	course up with the race looking like a 200m or 400m
	race track. Children can take it in turns to run around the course and be timed
	by their friends and the teacher.



2. To develop the correct and basic javelin technique and know the differences between this and a regular throw.	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.	Throw accurately and refine performance by analysing technique and body shape. Compete with others and keep track of personal best performances, setting targets for improvement.	Warm up: Children move around the area warming up. Encourage arm warm up with full arm circles. Encourage over/under karaoke footwork and sidesteps. Introduce Javelin throw: straight arm, other arm to balance and point. Stand with a partner and throw the javelin to each other from a standing start. Progress to a stepping start into the throw. Two side steps into a throw. Progress again and replace sidesteps with karaoke footwork, One foot in front and one behind. Children are divided into groups of 3's. Within each group, there is 1 thrower, 1 person waiting their turn and 1 measuring the distance of
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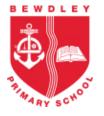
			the throw. Player 1 throws the javelin as far as they can. Player 2 moves their cone to signal where the ball landed. Players then rotate around. The thrower becomes the measurer, the measurer becomes the player off and the player off becomes the thrower. Teams can move the cone each time or leave it to show the furthest so far. Team competitions, furthest for each team gets a point.
3. To develop the correct and basic javelin technique and the differences between this and a regular throw.	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.	Throw accurately and refine performance by analysing technique and body shape. Compete with others and keep track of personal best	Warm up: children move around the area warming up. Encourage arm warm up with full arm circles. Footwork encourage over/under karaoke footwork and sidesteps. Introduce Javelin throw: straight arm, other arm to



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performances, setting	balance and point. Stand
targets for improvement.	with a partner and throw
	the javelin to each other
	from a standing start.
	Progress to a stepping start
	into the throw. Two side
	steps into a throw. Progress
	again and replace
	sidesteps with karaoke
	footwork, One foot in front
	and one behind. Set up 2-3
	areas similar to this one with
	multiple targets around the
	area. Vary the distance
	and size of the targets to
	aim for. Children are
	divided into groups of 3-4.
	Children go around the
	areas aiming to land their
	Javelin into the targets.
	Children can devise their
	own points system for the
	competition.



 4. To develop the correct and basic shot-put technique and the differences between this and a regular throw. Develop practical skills in ord to participate, compete and lead a healthy lifestyle. This concept involves learning range of physical movements and sporting techniques. 	refine performance by analysing technique and body shape.	Warm up: players to move around throwing the ball to each other. Encourage the Shot-put technique of pushing the arm forwards to 'push' throw. Progress on to encourage different distances of the throw / push. Play 'Piggy in the Middle' game. Using the shot-put technique, children attempt to shot put the ball over a Piggy in the Middle to their teammate. Rotate rolls and add points. Progression 1: players start the blue cone and using the correct technique turn and push the ball as far as they can over their teammate. Shot- put competition: divide the groups into 3's, within each group, there is 1 thrower, 1
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5. To develop the correct and basic shot-put technique and the differences between this and a regular throw.	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.	Throw accurately and refine performance by analysing technique and body shape. Compete with others and keep track of personal best performances, setting targets for improvement.	person waiting their turn and 1 measuring the distance of the throw. Player 1 shot-puts the ball as far as they can. Player 2 moves their cone to signal where the ball landed. Players then rotate around. Teams can move the cone each time or leave it to show the furthest so far. Warm up: players to move around throwing the ball to each other. Encourage the Shot-put technique of pushing the arm forwards to 'push' throw. Progress on to encourage different distances of the throw / push. Play 'Piggy in the Middle' game. Using the shot-put technique, children attempt to shot put the ball over a Piggy in
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	the Middle to their
	teammate. Rotate rolls and
	add points. Progression 1:
	players start the blue cone
	and using the correct
	technique turn and push
	the ball as far as they can
	over their teammate. Shot-
	put challenges: set up 2-3
	areas with multiple targets
	around the area. Vary the
	distance and size of the
	targets to aim for. Divide
	children into groups of 3-4.
	Children go around the
	areas aiming to land their
	ball into the targets. The
	ball may not bounce
	before it hits the target.
	Vary the balls they throw
	with and have groups play
	against other groups for
	points.



6. To develop the correct and basic sprinting technique and the differences between this and a regular throw.	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.	Choose the best place for running over a variety of distances. Compete with others and keep track of personal best performances, setting targets for improvement.	Warm up: play stuck in the mud, if tagged you freeze, rotate players around encourage explosive speed to get away from tagger. Tagger must start the game in the correct 'On your marks position'. Introduce start position relating to 'on your marks, get set, go' showing the correct technique and position for the runners. Play 'Fish or Chips'. In pairs number 1 gets into the starting position. Number 2 Shouts either Fish or Chips. If they shout Chips player 1 runs if they shout Fish they must stay in position. Rotate and challenge each other. Your team can then challenge another team. Bean bag races: in teams
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	of 3 players must sprint to a
	cone, collect a bean bag
	and sprint back. The next
	player then sprints to the
	next cone, collects the
	bean bag and comes
	back. The race is over
	when all bean bags have
	been collected by the
	team. The team can
	choose who sprints to
	which Bean Bag. Teams
	must start in the correct
	start position before
	running. Sprinting races:
	finish with generic sprint
	races. Divide the groups up
	fairly in terms of speed and
	have them race against
	each other. This can be
	made team races with
	points awarded for 1st, 2nd
	, 3rd etc to encourage all
	children to keep racing.



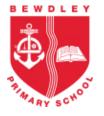
7. To develop the correct and basic sprinting technique and the differences between this and a regular throw.	Develop practical skills in order to participate, compete and lead a healthy lifestyle This concept involves learning a range of physical movements and sporting techniques.	Choose the best place for running over a variety of distances. Compete with others and keep track of personal best performances, setting targets for improvement.	Warm up: play stuck in the mud, if tagged you freeze, rotate players around encourage explosive speed to get away from tagger. Tagger must start the game in the correct 'On your marks position'. Introduce start position relating to 'on your marks, get set, go' showing the correct technique and position for the runners. Play 'Fish or Chips'. In pairs number 1 gets into the starting position. Number 2 Shouts either Fish or Chips. If they shout Chips player 1 runs if they shout Fish they must stay in position. Rotate and challenge each other.



	Your team can then
	challenge another team.
	Noughts and crosses races:
	divide the players into
	equal teams and set up a
	noughts and crosses area.
	Teams must sprint to the
	area and place a bib in
	one of the squares and
	then sprint back to their
	team mate. They high 5
	their team mate who sprints
	and repeats. Game is over
	when one team has 3 in a
	row. Players can move their
	bibs to another square if
	they have not won after 3
	goes. Sprinting races: finish
	with generic sprint races.
	Divide the groups up fairly
	in terms of speed and have
	them race against each
	other. This can be made
	team races with points



			awarded for 1st, 2nd, 3rd etc to encourage all children to keep racing.
8. To develop the correct and basic relay racing technique and the differences between this and a regular throw.	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.	Choose the best place for running over a variety of distances. Compete with others and keep track of personal best performances, setting targets for improvement.	Warm up: dynamic stretches and movements. Team sprint: in groups, 1 player sprints to their teammates who in return sprint back. Have multiple stations going at once. Create races between the groups. Encourage high 5's or passing the baton to their teammate before they can run. Relay races: set up stations around the hall/playground. Have players divided into teams with equal runners at each station to make the race competitive for all. Players run around their 'leg' of the race, they high 5/pass the baton to the next person



			who then runs around. Winner is the team who finishes first. Rotate teams who are competing so there is a rest period as well for each.
9. To develop the	Develop practical skills in order	Combine sprinting with	Warm up: dynamic
correct and basic hurdle, javelin,	to participate, compete and lead a healthy lifestyle	low hurdles over 60 metres.	movements to warm up all parts of the body,
shot-put, sprinting	This concept involves learning a		specifically their legs and
and relay racing	range of physical movements	Choose the best place	arms. Mini Olympics: divide
technique and	and sporting techniques.	for running over a variety	the group into 3-4 teams
the differences		of distances.	and set up following Races:
between this and		-	sprinting, javelin, shot-put
a regular throw.		Throw accurately and	and hurdles. Divide children
		refine performance by analysing technique and	into equal teams within their teams. They then
		body shape.	rotate around the events
			competing against other
		Show control in take-off	players from other teams at
		and landings when	the same time. Record
		jumping.	results in each event and
			rotate around. Winning



	team is who has the most wins at the end.
personal best	
performances, setting	
targets for improvement.	