



# Medium Term Unit Planning

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| <b>Topic Name:</b> Athletics  |   |
| <b>Learning outcome:</b><br>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. |   |
| <b>Hook:</b><br>Watching videos of famous athletes at the Olympics/Paralympics.   | <b>Topic Showcase (e.g. display, museum, performance, presentation):</b><br>School Sports Day                         |
| <b>Oracy:</b><br>Developing sports commentary and feedback when performing.   | <b>Key Vocabulary:</b><br>Hurdle, javelin, shot-put, sprint, relay, stamina, technique, players, teamwork, equipment. |
| <b>Key Texts (whole class reading/end of the day book/Talk for Writing Texts etc.):</b><br>Under review   |   |
| <b>Citizenship/Community Opportunities (Focus – change in attitude/increase knowledge and awareness/make a difference):</b><br>School sports Day  |   |
| <b>Experiences/Visits/Visitors:</b><br>Direct Sports coach  |   |
| <b>Main subjects covered:</b><br>PE   |   |



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**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.

| <b>Lesson title and learning Intention</b>                   | <b>Threshold concepts (success criteria)</b>  | <b>Milestones (success criteria)</b>   | <b>Lesson structure/differentiation</b>  |
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| <p>1. To develop the correct and basic hurdle technique.</p> | <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b><br/>           This concept involves learning a range of physical movements and sporting techniques.</p> | <p>Combine sprinting with low hurdles over 60 metres.<br/><br/>           Compete with others and keep track of personal best performances, setting targets for improvement.</p> | <p>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</p> |



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|  |  |  | <p>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 race track. Children can take it in turns to run around the course and be timed by their friends and the teacher.</p> |
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| <p>2. To develop the correct and basic javelin technique and know the differences between this and a regular throw.</p> | <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b><br/>This concept involves learning a range of physical movements and sporting techniques.</p> | <p>Throw accurately and refine performance by analysing technique and body shape.</p> <p>Compete with others and keep track of personal best performances, setting targets for improvement.</p> | <p>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</p> |
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|  |  |  | <p>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.</p> |
| <p>3. To develop the correct and basic javelin technique and the differences between this and a regular throw.</p> | <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b><br/>This concept involves learning a range of physical movements and sporting techniques.</p> | <p>Throw accurately and refine performance by analysing technique and body shape.</p> <p>Compete with others and keep track of personal best</p> | <p>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</p>  |



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|  |  | <p>performances, setting targets for improvement.</p> | <p>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. 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.</p> |
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| <p>4. To develop the correct and basic shot-put technique and the differences between this and a regular throw.</p> | <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b><br/>This concept involves learning a range of physical movements and sporting techniques.</p> | <p>Throw accurately and refine performance by analysing technique and body shape.</p> <p>Compete with others and keep track of personal best performances, setting targets for improvement.</p> | <p>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</p> |
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|   |   |   | <p>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.</p>  |
| <p>5. To develop the correct and basic shot-put technique and the differences between this and a regular throw.</p> | <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b><br/>         This concept involves learning a range of physical movements and sporting techniques.</p> | <p>Throw accurately and refine performance by analysing technique and body shape.</p> <p>Compete with others and keep track of personal best performances, setting targets for improvement.</p> | <p>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</p> |





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|  |  | <p>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.</p> |
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| <p>6. To develop the correct and basic sprinting technique and the differences between this and a regular throw.</p> | <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b><br/>This concept involves learning a range of physical movements and sporting techniques.</p> | <p>Choose the best place for running over a variety of distances.</p> <p>Compete with others and keep track of personal best performances, setting targets for improvement.</p> | <p>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.<br/>Bean bag races: in teams</p> |
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|  |  |  | <p>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.</p> |
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| <p>7. To develop the correct and basic sprinting technique and the differences between this and a regular throw.</p> | <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b><br/>         This concept involves learning a range of physical movements and sporting techniques.</p> | <p>Choose the best place for running over a variety of distances.</p> <p>Compete with others and keep track of personal best performances, setting targets for improvement.</p> | <p>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.</p> |



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|  |  | <p>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</p> |
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|  |   |   | 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. | <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p>This concept involves learning a range of physical movements and sporting techniques.</p> | <p>Choose the best place for running over a variety of distances.</p> <p>Compete with others and keep track of personal best performances, setting targets for improvement.</p> | <p>Warm up: dynamic stretches and movements.</p> <p>Team sprint: in groups, 1 player sprints to their teammates who in return sprint back. Have multiple stations going at once.</p> <p>Create races between the groups. Encourage high 5's or passing the baton to their teammate before they can run.</p> <p>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</p> |



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



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|  |  | Compete with others and keep track of personal best performances, setting targets for improvement. | team is who has the most wins at the end. |
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