



# Medium Term Unit Planning

Lesson title and learning Intention	Threshold concepts (success criteria)	Milestones (success criteria)	Lesson structure/differentiation
P.E - Athletics			
1. Reactions	Develop practical skills in order to participate, compete and lead a healthy lifestyle.	Choose the best place for running over a variety of distances.	Trains warm up game Reaction time Changing gears Underarm throw Beanbag hoop tag Handshake cool down
2. Sprint relays	Develop practical skills in order to participate, compete and lead a healthy lifestyle.	Choose the best place for running over a variety of distances.	Ladders warm up game Skill sprint technique Ten second tag Baton exchange Loop relay Back to front cool down
3. Middle and Long distance running	Develop practical skills in order to participate, compete and lead a healthy lifestyle.	Choose the best place for running over a variety of distances.	All tag warm up Pacing Changing pace Chaperones Sketch down cool down
4. Hurdles	Develop practical skills in order to participate, compete and lead a healthy lifestyle.	Combine sprinting with low hurdles over 60 metres.	Skipping warm up Lead leg – hurdling technique Stride pattern Hurdling technique Performance time
5. Jumping	Develop practical skills in order to participate, compete and lead a healthy lifestyle.	Show control in take off and landings when jumping.	Frog jumps warm up Leaping and bounding Standing long jump



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			Standing triple jump Standing vertical jump Jumping circuit Leg stretch cool down
6. Throwing	<b>Develop practical skills in order to participate, compete and lead a healthy lifestyle.</b>	Throw accurately and refine performance by analysing technique and body shape.	Throw and run warm up Overhead heave throw How far can you throw? Heave throw golf Yoga pose cool down