



# Medium Term Unit Planning

Lesson title and learning Intention	Threshold concepts (success criteria)	Milestones (success criteria)	Lesson structure/differentiation
P.E – Athletics – recapping on skills from HT5, tracking and competing			
1. Sprinting and 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.  Compete with others and keep track of personal best performances, setting targets for improvement.	Ladders warm up game Skill – recap sprint technique and baton exchange Recording and tracking own and team performance. Back to front cool down
2. 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.  Compete with others and keep track of personal best performances, setting targets for improvement.	All tag warm up Pacing Recording and tracking own performance Sketch down cool down
3. Hurdles	Develop practical skills in order to participate, compete and lead a healthy lifestyle.	Combine sprinting with low hurdles over 60 metres.  Compete with others and keep track of personal best performances, setting targets for improvement.	Skipping warm up Lead leg – hurdling technique Performance time – sprints, relays and hurdles -make comparisons Cool down
4. 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 Recap on jump techniques. Standing long jump



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		Compete with others and keep track of personal best performances, setting targets for improvement.	Standing triple jump Jumping circuit- recording distances. Can they improve? Running distances - retime Leg stretch cool down
5. 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 Throwing techniques recap. Measure distances. Running distances - retime Yoga pose cool down