



Athletics



Key skills / vocabulary:

Relay- a race between two or more teams of runners in which each runner travels a certain distance.

Hurdles – a race in which people have to jump over a number of obstacles that are called hurdles.

Stride pattern – the number steps you make between two markers.

One handed push throw- Stand sideways onto the direction of the throw. The ball is held close to or touching your neck. The elbow of the throwing arm is held high and the arm is extended forwards on release of the ball.

Two handed push throw- Stand facing the direction of the throw with one foot in front of the other. Spread your fingers behind the ball which is held at the chest, and the ball is then pushed away from your body quickly by fast extension of the arms.

One handed pull throw –Stand side on to the direction of the throw. The palm of the throwing hand is up-turned.

Two handed pull throw- Stand facing the direction of the throw with one foot in front of the other. The ball is held high above the head and behind the shoulder line.

This term in athletics we will be looking at different running, throwing and jumping activities. All of the activities will be played as games and in small groups to build confidence and self-belief. Children will support each other using encouragement and practising together.

Key questions:

- How could you make it go further?
- How could you jump further, faster, higher?
- How can I encourage my teammates?
- How does exercise make you feel mentally?
- Why do people participate in different types of exercise?

School Games Values

We will be focusing on certain School Games Values. The main values we will be focusing on (even though they are all important!) will be:

- Passion
- Respect
- Self-belief

In this unit children will take part in the following events:

On the track

- ✓ Fun relays – with bean bags and cones!
- ✓ Hurdles relay
- ✓ Obstacle relay
- ✓ Over and under relay

On the field

- Throwing using different techniques
- Throwing using different sized balls
- Standing long jump

The School Games Values

