



Athletics



In this unit, children will take part in many individual and team events.

Athletics is a great way to develop co-ordination, stamina, strength, agility, pacing themselves, timing as well as co-operation with team members and practising decision making. Each week, children will engage in running events, throwing and jumping challenges and other activities to allow them to develop techniques and improve postures and positions.

Running: An action to move quickly with the correct technique using arms and legs as effectively as possible over different distances.

Jumping: The technique to propel the body into the air as far as possible/ as high as possible.

Throwing: The ability to propel an object through the air as far as possible.

Equipment often used in athletics:

- Batons bean bags for passing in a relay
- A variety of balls of different sizes, foam javelins, discs for throwing events
- Measuring tapes/ metre stick to record distances
- Running track marked out for straight sprints and longer distance events where it may be required to run around the track/ part of the track if part of a relay team.

Overview and aims of this unit:

This term, children will be focussing on developing their range of athletic skills, including running, jumping, and throwing. Athletics is a great way to develop the following school games values: respect, determination, and self-belief. Children will also have the opportunity to develop their teamwork skills in group games.



Mental Health and Wellbeing:

Engaging in physical activity can help us take care of our mental wellbeing. Here are some questions for you to think about?

How does athletics make you feel physically?

How does athletics make you feel mentally?

Does playing in a team support your well-being? Why?

Key Vocabulary:

Speed – to move quickly.

Acceleration – to go from still to moving as fast as possible.

Hurdles – an obstacle that a runner may have to jump over during a race.

Reaction Time – how quickly you react to a stimulus.

Track – events that involve running, usually on the running track.

Field – events that are based around jumping and throwing.

Finishing Line – the point at which the timer stops – You DO NOT STOP HERE!

Lanes – the running area that you are allowed in.

Endurance – being able to repeat a specific movement – running a long distance.

Power – force generated by your body to help move it.

Momentum – creating speed that is used to transfer into power for a jump, throw or to gain top speed as quickly as possible.

Relay – working as a team to complete a race with a baton.

