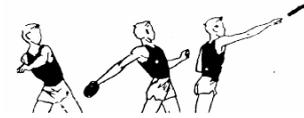


Component 6: To improve the sling technique when throwing.

What we will know after this sequence:

- Pupils will know how to use the discus safely showing the correct technique.
- Pupils use accurate technique to sling the discus from low to high generating some distance in their throw.
- Most pupils will be able to "sling" the discus with strong technique and power ensuring they throw the discus a good distance.
- The children will know the angle to aim for in order to get more distance when they throw.



Vocabulary:

Over arm, technique, distance, throw, aim, target, sling, distance, angles.

How will this feed into my next learning:

Children will be able to throw different objects over further distances aiming at a target whilst using the accurate technique.

SEND: Having closer targets and shorter throwing distances.

Component 4: To develop triple jump technique.

What we will know after this sequence:

- Pupils will be able to link their hop, step and jump together accurately showing control and use their bodies to generate height and distance.
- Pupils will know that their run ups are powerful and will assist their jumps greatly.
- Pupils will know how to use their arms to ensure the jump is powerful and controlled.
- Pupils will know how to jump accurately from a take-off board and land with control.

Vocabulary: Distance, power, take-off, control, triple jump, stride.

How will this feed into my next learning:

Pupils will be confident to jump using the correct technique and use this skill to support in future learning, lessons and competitions.

SEND:

Shorter distances for them to run and jumps will be different distances to encourage and

motivate.



Component 5: To improve the pull technique when throwing.

What we will know after this sequence:

- Pupils will know how to throw with good technique showing control when using a 3 stride run up.
- Pupils will know how to use their strength and power to generate maximum distance in each of their throws.
- Pupils will know how to throw in different ways showing control and power when throwing as far as possible.
- Pupils will know how to choose the most effective way of throwing whilst using all of their body's strength.

Vocabulary:

Pull, angle, distance, over arm, aim, power, accuracy.

How will this feed into my next learning:

Children will apply this to improving their ability to throw over arm.

SEND:

Throwing will take place at knee level for more accuracy and larger targets can be used for these children.



Component 3: To improve the ability to jump for distance.

What we will know after this sequence:

- Pupils will be able to show control when taking off and landing after a jump.
- Pupils will be able to show increased accuracy when jumping.
- Pupils will show good control, speed and power and when jumping.

Vocabulary:

Accuracy, quality, landing, control, distance, stride, take off leg.

How will this feed into my next learning:

Children will apply their knowledge of jumping to help them choose tactics to improve the distance they can jump.

SEND:

Travelling slower should help improve accuracy and simple jumping patterns to be used to support. Cones used for target distances of jumps to reach.



Component 2: To improve sprinting technique.

What we will know after this sequence:

- Pupils will know the meaning of the word pace and understand it's importance in running for a long period of time.
- How to work effectively as a group and support each other.
- How to judge speed accurately in order to run with a relaxed technique for a longer period of time.

Vocabulary: Pace, endurance, speed, time, relaxed, technique, upper and lower body, analyse.

How will this feed into my next learning:

Pupils will try to improve the quality and accuracy of jumping skills thinking about the athletic techniques they have developed so far.

SEND: Longer time limits and shorter distances to run. More equipment closer to them so less distance to run.



Component 1: To explore how to start sprinting in the most effective way.

We should know:

- Pupils will know how to sprint and be aware of their own body position when running.
- Pupils are all aware about why it is important to warm up before you begin a run and cool down after you end a run.
- Pupils will know how to accelerate up to a sprint from a jog.

What we will know after this sequence:

- How to run effectively at speed whilst looking forward and pumping arms whilst demonstrating smooth technique.
- How to explode from the start line driving arms and legs keeping their elbows close to the their bodies.
- Why reaction time is so important in getting a head start when running.

Vocabulary: Relay, sprint, reaction time, shuttles, starts, explode, leg drive, fluent.

How will this feed into my next learning:

Children will next look at why it is important to pace themselves when running rather than starting at full speed.

SEND: Shorter distances to run. Concentrating solely on upper or lower body rather than both.

