

## Prior Learning

Olympic sports which involve throwing are javelin, shotput and discuss.

By rotating and transferring my body weight, you throw further distances.

The three phases of the standing long jump are preparation, flight and landing.

When preparing to jump, I can build momentum by swinging my arms and bending my legs.

Jumps are measured from the forward edge of the take-off board to the closest mark in the landing area

## Key Skills

\*Implement jumping techniques to jump greater distances.

\*Develop technique for shotput and javelin to throw for greater distances.

\*Develop the use of hop, skip, and jump for standing long jump.

\*Learn correct techniques for sprinting.

\*Learn correct techniques for distance running.

\*Learn how to run with others e.g. as part of a relay team.

# Year 5/6 – PE & Games



## Athletics



### Sporting Hero: Mo Farah

Sir Mohamed Muktar Jama Farah (born 23 March 1983), also known as Mo Farah, is a British distance runner. The most successful British track athlete in modern Olympic Games history, he is the 2012 and 2016 Olympic gold medalist in both the 5000 m and 10,000 m.



## Key Knowledge

\*Know how the rules for, and how to participate in, a variety of athletics events including: high jump, long jump, relay, sprint, long distance, javelin and other throwing

\*Understand running techniques to improve performance whilst applying skills & tactics to the competitive situation.

\*Understand the differences between throwing for accuracy and throwing for distance.

\*Understand ways we can use our bodies to increase the length of our jumps

\*Understand the different techniques for sprint and distance.

## Key Vocabulary

**Pull throw:** the pull back and throw action of a javelin.

**Push throw:** the pushing action required for shot put.

**Phase:** refers to the different sections of a jump, throw or running action.

**Momentum:** strength or force gained through the body's movement.

**Pace:** the speed at which you move

**Strategy:** a plan of action designed to achieve a goal.

**Endurance:** Sustain an activity level whilst enduring a level of physical stress

**Resting heart rate:** Your **resting heart rate** (RHR) is the number of times your **heart beats per minute (bpm)** while at complete **rest**.

**Stamina:** the ability or strength to keep doing something for a long time.

**Cardiovascular fitness:** this is the heart's ability to withstand extended periods of activity.