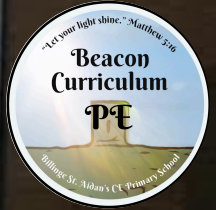


Year 4 - Indoor Athletics - HT3



Prior Learning: In Year 3, children continued to practice different ways of jumping (for distance, height and speed). They measured and recorded their own and others scores. They practiced various activities to improve their speed and strength. They practiced their racing techniques on their own and with others.

Physical Me

- **Running** - Shuttle runs/sprints
- **Leaping/hopping/bounding**- 5 strides
- **Throwing/Pushing** - Chest push
- **Skipping**- With a hoop
- **Jumping** - Speed bounce, long jump, vertical jump
- **Co-ordination, strength, Power, Speed**



Key Skills

Thinking Me

- To improve my performance

Value Me:

- Passion
- Self belief

Social Me

- Collaborate
- Communicate

Key Vocabulary

Score

Sprint

Speed

Relay

Measure

Competition

Record

Shuttles

Bounding

Key Knowledge

Speed Bounce- Speed Bounce is an exciting test of speed, rhythm and coordination.

- is a two-footed jump in which an athlete must take off and land on both feet – the athlete's feet should leave the mat/floor simultaneously and land on the mat/floor simultaneously

Chest Push- A standing throw where the participant pushes a ball from the chest.

Athletic Events

Track Events:

- 100m sprint
- 200m sprint
- 400m sprint
- 800m middle distance
- 1500m middle distance

Field events:

- Javelin throw
- Long Jump
- Triple Jump
- Shot put
- Discus
- High Jump

I can statements

✓ X

Chest push with height and distance

Jumping bending knees, use arms for distance measure with some accuracy

Speed bounce- increase speed and coordination over the speed bounce mat

5 strides- co-ordinating steps, increasing distance using arms

Skipping – with rhythm and focus

Vertical jump – lower in to squat position, feet hip width apart

Run and jump over hurdles with some speed and control

Anything else you have learnt? What have you enjoyed?