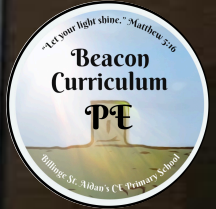


# Year 5 - Indoor Athletics - HT3



**Prior Learning:** In Year 4, children practice different ways of jumping ( for distance, height and speed). They recapped how to 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

## Key Skills

- **Running - Speed** shuttle runs/sprints
- **Leaping/hopping/bounding/bounce-** 5 strides (**power**)
- **Throwing/Pushing** - Chest push (**strength**)
- **Skipping**- With a hoop (**speed, co-ordination**)
- **Jumping** - Speed bounce, long jump, vertical (**speed, strength, coordination**)



## Thinking Me

- To improve my performance

## Value Me:

- Respect
- Honesty

## Social Me

- Collaborate
- Encourage others

## Key Vocabulary

Javelin

Collaborate

Test

Power

Measure

Circuit

Drive

Shuttles

Bounding

## Key Knowledge

- Power-** The ability to exert a maximum force in as short a time as possible, as in accelerating, jumping and throwing objects.
- Drive-** Means to force forward e.g drive forward in sprinting
- Javelin-** Is thrown from a standing position with both feet behind the throwing line and in contact with the floor.
  - The throw is measured from the front of the throwing line to where the tip of the javelin first makes contact with the ground.
  - The distance is measured in metres and always down to the nearest centimetre.

## 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



Chest push bending knees with good height and distance

Perform a variety of standing jumps (Long jump and triple jump) and measure for distance

Speed bounce developing good rhythm and control over the speed bounce mat

5 strides- co-ordinating steps, bounding creating a longer stride

Skipping – with rhythm aiming to get 25 skips or more

Vertical jump –use arm swing movement to increase height

Pass a relay baton with control and timing in a pairs change over

Anything else you have learnt? What have you enjoyed?