

# Year 6 - Indoor Athletics - HT3



**Prior Learning:** In Year 5, children practiced various running, jumping and throwing and focused on improving these techniques. They completed tests and learned how to measure and record scores accurately. They looked at ways of using their body to increase their power and strength on the activities. They competed against themselves (Personal Best) and others.

## Physical Me

## Key Skills

## Thinking Me

- To improve my performance

## Value Me:

- Respect  
- Integrity

## Social Me

- Collaborate  
- Encourage others

- **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**)



## Key Vocabulary

Javelin

Vertical jump

Measure

Power

Accuracy

Circuit

Strength

Shuttles

Bounding

## Key Knowledge

**Vertical Jump-** A vertical jump or vertical leap is the act of jumping upwards into the air. It may also be called a 'Sargent jump.'

**Power-** The ability to exert a maximum force in as short a time as possible, as in accelerating, jumping and throwing objects.

**Accuracy-** Is the ability to perform movements and skills with precision.

**Strength-** Muscular strength is the ability to exert force against resistance

## 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



Perform a Triple jump for distance varying techniques to improve performance

Chest push with accuracy and power, bending knees through to feet, extends arms to increase distance

Speed bounce with speed, fluency and rhythm

5 strides- improve starting position to ensure a better first stride

Skipping – with speed (30 skips or more)

Vertical jump – Push into ground lift with an explosive movement up focus on landing softly-keep core engaged.

Pass a relay baton in competitive situations (timed)

Anything else you have learnt? What have you enjoyed?