

Year 6 Athletics

National Curriculum objectives

Develop flexibility, strength, technique, control and balance

Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Key Learning

- Compete in a variety of athletics type races, adjusting running styles from sprinting to long distance
- Use correct techniques for all jumps, challenging self to jump further distances
- Run with greater fluency & speed, including hurdling, using the correct stride pattern. Can analyse the changes in speeds when sprinting and hurdling
- Use correct techniques for all throws, measuring accurately, challenging to throw further distances

Equipment

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|---------------------------|-----------------------------|----------------------|
| • Basketballs | • Flat markers | • Rope |
| • Batons | • Foam javelins | • Safety mats |
| • Bench | • Hurdles (various heights) | • Score Sheets (PDF) |
| • Bibs | • Junior cricket balls | • Pencils and pens |
| • Chalk | • Junior shot putts | • Stopwatches |
| • Clear wall space | • Long jump mat | • Tape measures x 5 |
| • Cones (various colours) | • Netballs | • Tennis balls |
| • Triple jump mats | • Whistles | |

Key Vocabulary

Cricket throw: A technique to throw a cricket ball - a side-on, upwards throw whilst driving off the back leg.

Endurance: Being able to keep doing something for a long time without stopping.

High jump: In athletics, attempting to clearly jump over a bar held above the ground.

Long distance: A running race held over a distance which requires endurance and maintaining pace, saving a sprint until the very end of the race.

Scissor kick: A technique for high jumping.

Strides: A longer step than usual, often when running or bounding.

Sustaining: Keeping something going for a long period of time.

Track & Field: Usually running and hurdling events take place on a track whereas jumping and throwing events take place in the open space of a field area.

Vertical jump: A jump in which you jump up and reach to touch a wall as high as you can.

Key Questions

Which is your strongest leg?

What should your arms do when you jump?

Can your legs help you to throw well?

What are your favourite events?

Safety

- Remove all jewellery including earrings
- Long hair must be tied back
- Wear suitable footwear
- Use correct techniques
- Complete a warm-up and cool-down