

Year 5 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

- To run relays, running in a given zone, changing baton over with increased skill
- Develop jumping for distance (triple jump); jumping in different ways and competing competitively
- Develop running for speed including sprint from a start finish and sprinting further distance over a given time
- Developing hurdling skills, including the role of the lead and trail leg; applying skill to competitive situations
- Develop throwing skills using a variety of techniques
- Throwing javelin from a standing start

Key Vocabulary

Baton: A short stick passed from runner to runner in a relay race.

Change: In a relay race, where the baton is passed from one runner to the next.

Chest pass: To throw by pushing the ball from chest height.

Drive: Push powerfully towards something.

Lead: When you jump over a hurdle, your leading leg goes first.

Pull pass: When you throw the ball starting with your arm straight behind you.

Shoulder pass: A pass made by throwing something from shoulder height.

Skip: To move lightly by bouncily hopping and stepping from one foot to the other. Hop left ->step->hop right ->step -> hop left...

Trail: When you are hurdling, the trailing leg is following the front leg over the hurdle.

Equipment

- Batons
- Cones
- Foam ball
- Foam javelins/bean bags/balls
- Hurdles
- Large dice
- Large playing space
- Line for a finishing line
- Marker cones
- Playing space (indoor or outdoor)
- Size 4 soccer ball initially
- Stopwatch
- Throw-down lines/marker cones
- Whistle

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