PE

Athletics - UKS2

Key Vocabulary

acceleration	targets
explosive	up-sweep/down-sweep
pacing	measurements
coordination	efficient
personal best	demonstrate
stride patterns	observe and give constructive feedback

Key Knowledge and Skills

Children will learn:

- How to develop rhythm in running over obstacles.
- To develop techniques for sprinting, to improve the start, middle and finish of a race.
- How to increase distance and height in jumping using various disciplines – long, high and combination.
- To use a variety of throwing techniques to develop distance and how to measure them using (sling, heave, push and pull styles).
- To develop an understanding of how to improve running longer distances.
- The techniques for relay changeovers using up-sweep and down-sweep methods and how to run differently on straights and bends.

Key Questions & Physical Wellbeing

- Can you explain the importance of different throwing techniques (legs first, arms last, low to high, slow to fast, strong to weak)?
- Can you observe and evaluate another persons running style and use correct vocabulary when doing so?
- Can you explain that large working muscles need a supply of oxygen to keep going?
- Why is it important to keep hydrated in order to improve performance?

Equipment

stopwatches	javelin
tape measure	hammer ball
recording sheets	hurdles
discus	cones
shot put, cricket ball	relay batons
howler	

Athletics Track



Relay Baton

