

Physical Education

Year group: 5/6

Term: Cycle A Summer 2

Prior knowledge

Pupils will have some understanding of how we can use our bodies to run as fast as possible, exploring the correct technique individually and within teams. Pupils will also have examined how to jump as far as possible and compare throwing accurately with throwing for distance.

National Curriculum Objectives

- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]



Topic overview Athletics



The unit of work will challenge pupils to apply their knowledge, understanding and skills into a series of competitions. Pupils will experience competition across all of the different areas of athletics that they have explored. Pupils will have to work hard individually to apply the correct technique as well as collaborating in teams.

By the end of this unit, I will be able to:

Physical - Pupils will apply a refined understanding of running for speed, pacing, throwing and jumping for distance.

Cognitive - Pupils will demonstrate an advanced understanding of how to apply the correct technique in each event and why the correct technique is so important.

Social - Pupils will refine their ability to encourage and collaborate with other, communicating developmental feedback and showing respect.

Wellbeing - Pupils will constantly apply life skills such as responsibility and self-discipline by applying their best effort every time and leading others by example.

Key vocabulary

- Pacing
- Distance running
- Selection
- Team strengths
- Evaluate
- Feedback
- Resilience