

Athletics

LKS Year 3 Skills

Lesson 1
How do we sprint?

speed

Lesson 2
What is the changeover technique in a relay event?

technique

Lesson 3
What are the jumping techniques in a range of take off positions?

power

Lesson 4
How do we throw for distance?

distance

Lesson 5
What is a pull throw?

strength

Lesson 6
Assessment:
Can you officiate and perform in a range of events?

personal best

What will we be learning about over the coming weeks?

Athletics

LKS Year 4 Skills

Lesson 1
How do we develop stamina and an understanding of speed/space with distance?

stamina

Lesson 2
How do we develop power and speed in the sprinting technique?

stride

Lesson 3
How do we develop technique when jumping for distance?

transfer of weight

Lesson 4
How do we develop power and technique when throwing for distance?

launch

Lesson 5
How do we demonstrate a pull throw for distance and accuracy?

heave

Lesson 6
Assessment:
Can you officiate and perform in a range of events?

official
officiate

What will we be learning about over the coming weeks?

Athletics

UKS Year 5 Skills

Lesson 1
How do we develop pace and apply different speeds at varying distances?

drive
track

Lesson 2
How do we develop fluency and coordination when running with speed?

consistent

Lesson 3
What techniques can we use in relay changeovers?

changeover

Lesson 4
How do we build momentum and power in the triple jump?

momentum

Lesson 5
How do we develop throwing with force for longer distances?

shot put
dominant

Lesson 6
Assessment:
Can you work collaboratively in a team to develop the officiating skills of measuring, timing and recording?

collaboratively
determination

What will we be learning about over the coming weeks?

Athletics

UKS Year 6 Skills

Lesson 1
How can you develop your own and others sprinting technique?

strategy

Lesson 2
Can you identify a suitable pace for an event?

rhythm

Lesson 3
Can you demonstrate power, control and technique for a triple jump?

fling pattern

Lesson 4
Can you demonstrate power, control and technique when throwing for distance?

discus grip

Lesson 5
Can you demonstrate throwing with force and accuracy at a longer distance?

stance release

Lesson 6
Assessment:
Can you work collaboratively in a team to develop the officiating skills of measuring, timing and recording?

observing negotiating

What will we be learning about over the coming weeks?