



## Year 5 Athletics

### Key Vocabulary

|                 |                                                                    |
|-----------------|--------------------------------------------------------------------|
| Agility         | Change direction quickly and effectively.                          |
| Power           | Combining strength and speed.                                      |
| Speed           | Moving parts of the body quickly.                                  |
| Track and field | Events in athletics that consist of running, jumping and throwing. |
| Force           | Exerting power.                                                    |
| Accelerate      | How quickly you move from a stationary position.                   |
| Record          | An extreme achievement or attainment.                              |
| Baton           | A hollow cylinder passes in the relay.                             |

### Unit Focus:

Sustain pace over short and longer distances such as running 100m and running for 2 minutes.

Able to run as part of a relay team working at their maximum speed.

Perform a range of jumps and throws demonstrating increasing power and accuracy.



## **6 hours**

### **Lesson 1**

Can I run at pace as an individual and in a team?

### **Lesson 2**

Can I measure the distance ran in an given time?

### **Lesson 3**

Can I recognize effective jumping styles?

### **Lesson 4**

Can I use the push throw technique?

### **Lesson 5**

Can I run as part of a relay?

### **Lesson 6**

Can I teach an event to another group?

English / Maths Links: