



Year 6 Athletics

Key Vocabulary

agility	A rapid body movement with change of velocity or direction.
power	The strength an athlete demonstrates.
track	The place where athletes compete including running, jumping and throwing.
curve	To produce as much force as you can throughout a range of motion.
accelerate	This applies to a sprint performance over smaller distances such as 5m or 10m.
hurdles	A barrier that athletes need to jump over during a competition.
foam javelins	Lightweight and especially used indoors as they have a good flight pattern.
relay	A race in which athletes run a pre set distance carrying a baton before passing it onto the next runner.

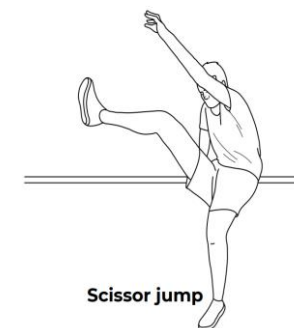
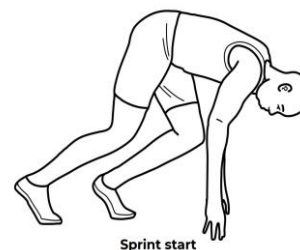
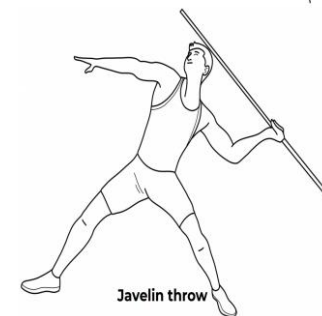
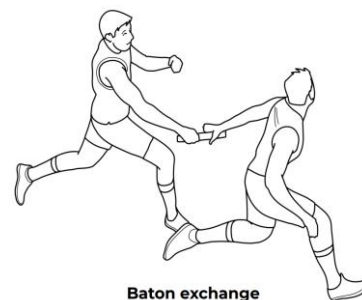
Unit focus :

Become confident and expert in a range of techniques and recognise their success

Apply strength and flexibility to a broad range of throwing, running and jumping activities

Work in collaboration and demonstrate improvement when working with self and others

Accurately and confidently judge across a variety of activities



6 hours

Lesson 1

Can I use power to improve the start of a short sprint?
Can I refine running skills to improve times?
Can I work with others to record accurate results?

Lesson 2

Can I experiment with varying run up lengths for the long jump?
Can I select which length run up produces the longest jump?

Lesson 3

Can I examine the link between the height trajectory of a throw on distance?
Can I use a variety of techniques including push, pull and sling?
Can I work in a group to accurately record data for a range of equipment?

Lesson 4

Can I work in groups to set up running, throwing and jumping activities?
Can I teach my activities to another group?

Lesson 5

Can I take part in a specific athletics events?
Can I compete against others?
Can I work collaboratively to judge others and record data.?

Lesson 6

Can I take part in specific athletics events?
Can I compete against others?
Can I work collaboratively to judge other and record data?

English / Maths Links:

Literacy: Communicating ideas, describing techniques, use appropriate verbal queues and prompts as a judge
Numeracy: Record data, measure distance for jumps, time runs.