

# P.E.

## Year 4 – Athletics



### About this Unit

All events within athletics are forms of running, walking, jumping or throwing.

You will learn the following athletic activities: long distance running, sprinting, triple jump, discus and shot put

### Knowledge & Skills

#### Knowledge:

Pace yourself when running further or for a long period of time. A high knee drive, pumping your arms and running on the balls of your feet will give you power to run faster. Transferring weight will help you to jump further. Swing your arms forwards and push your hips forward to help you to transfer weight. Transferring weight will help you to throw further. Move the weight from your back leg to your front leg to help you to throw further.

#### Skills:

I can demonstrate the difference in sprinting and jogging techniques.

I can jump for distance with balance and control.

I can throw with some accuracy and power to a target area.

I show determination to improve my personal best.

### Golden Threads

#### Motor competence – Manipulate objects

- pace
- sprint
- jump for distance
- throw for distance

#### Healthy participation

How will this unit help your body?

agility, balance, co-ordination, speed, stamina, strength

### Rules, strategies and & tactics

#### Jumping events

Performers must take off before the line. Jumps are measured from the take-off line to the body part closest to the take-off line that touches the ground.

#### Throwing events

Throws must be taken from behind a throw line. Throws are measured from the throw line to where the object first lands

YEAR 3	YEAR 4	YEAR 5	YEAR 6
I am developing jumping for distance.	I can demonstrate the difference in sprinting and jogging techniques.	I can choose the best pace for a running event	I can perform jumps for distance using good technique.
I can take part in a relay activity, remembering when to run and what to do.	I can jump for distance with balance and control.	I can perform a range of jumps showing some technique.	I can select and apply the best pace for a running event.
I can throw a variety of objects, changing my action for accuracy and distance.	I can throw with some accuracy and power to a target area.	I can show control at take-off and landing in jumping activities.	I can show accuracy and good technique when throwing for distance.
I can use different take off and landings when jumping.	I show determination to improve my personal best.	I show accuracy and power when throwing for distance.	I use different strategies to persevere to achieve my personal best.

### Key vocabulary

Heave: throwing with power from low to high.

Pace: how fast you are running.

Stamina: the ability to move for sustained periods of time.

Stride: the length of the step.

Transfer of weight: movement of body weight from one place to another.