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| **Year 2** **Sports Day/Athletics** |
| **Week 1** | **Week 2** | **Week 3** | **Week 4** | **Week 5** | **Week 6** |
| Energetic warm up - incorporating stretching exercises.Running;Starting and stopping - short distances stopping on command.Begin to introduce competition through races.Sprinting | Energetic warm up - incorporating stretching exercises.RunningRunning fast and slow - short and long distances at different paces. Why do we need to pace ourselves?Use timing to set pace for running.Discuss to develop understanding of use of pace.Long distance running | Energetic warm up - incorporating stretching exercises.JumpingExperiment with jumping for height. Develop correct technique.Develop an understanding of roles of different body parts in jumping ie use of arms & legs.Seargent jumps for measuring.Standing jump | Energetic warm up - incorporating stretching exercises.JumpingJumping for distance - starting with standing long jumps. Develop an understanding for the use of body parts and the transference of weight. Emphasis on the use of arms in the movement forward during the jump.Standing long jumps for measuring.Running jump | Energetic warm up - incorporating stretching exercises.ThrowingDifferent types of action for different events.Push ThrowDevelop a knowledge of basic technique. Use of legs and placement of feet is important.Start and end of throw.Using an area to throw from.Standing still javalin | Energetic warm up - incorporating stretching exercises.ThrowingDrag and sling throws and their uses.Different projectiles and their uses. Develop use of run ups or twists to generate extra speed. Use selection of throws for distance and accuracy.Incorporate scoring for competition.Standing still javilin |

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| **Year 3** **Sports Day/Athletics** |
| **Week 1** | **Week 2** | **Week 3** | **Week 4** | **Week 5** | **Week 6** |
| Energetic warm up - incorporating stretching exercises.Running;Starting and stopping - short distances stopping on command.Begin to introduce competition through races.Sprinting | Energetic warm up - incorporating stretching exercises.RunningRunning fast and slow - short and long distances at different paces. Why do we need to pace ourselves?Use timing to set pace for running.Discuss to develop understanding of use of pace.Long distance running | Energetic warm up - incorporating stretching exercises.JumpingExperiment with jumping for height. Develop correct technique.Develop an understanding of roles of different body parts in jumping ie use of arms & legs.Seargent jumps for measuring.Standing jump | Energetic warm up - incorporating stretching exercises.JumpingJumping for distance - starting with standing long jumps.Develop an understanding for the use of body parts and the transference of weight. Emphasis on the use of arms in the movement forward during the jump.Standing long jump | Energetic warm up - incorporating stretching exercises.ThrowingDifferent types of action for different events.Push ThrowDevelop a knowledge of basic technique. Use of legs and placement of feet is important. Start and end of throw. Using an area to throw from.Shot put | Energetic warm up - incorporating stretching exercises.ThrowingDrag and sling throws and their uses.Different projectiles and their uses. Develop use of run ups or twists to generate extra speed.Use selection of throws for distance and accuracy. Incorporate scoring for competition.Running throw javalin |

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| **Year 4** **Sports Day/Athletics** |
| **Week 1** | **Week 2** | **Week 3** | **Week 4** | **Week 5** | **Week 6** |
| Identify different ways of travelling.Walk/jog/hop/skip/run.Travel following different pathways and courses.Bean bag and hoop races.Introduction of competitionRaces | Travel over a specific distance in any way they want.Change distances and methods of movement.Introduce idea of relays and working as a team.Relay races without carrying objects.Relay races | Moving objects over distances. Which technique gives greater distance?Rolling, pushing, throwing.Throwing techniques recapped. Distance over arm and side on. Accuracy and control under arm. Need for distance over arm. What technique would you use for different objects?Standing javalin & shot putCompetition | Throwing different objects for accuracy with targets and for distances.Try different body positions for different requirements. Can you throw further than you can run in 3 sec's?Running throw javalin, stepping throw shot putCompetition | Explore different ways of jumping/ hopping etc.One foot /two feet, use of swinging arms.Can you jump further when moving?Idea of running then jumping momentum for greater distances.1 to 2 foot jumping.Standing, then running Competition | Look at and identify differences in running style and techniques.Short steps, long strides, bent elbows etc.When would you use different styles?Identify different needs for different races. Short and longer distance races.Short and long runsCompetition |

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| **Year 5** **Athletics** |
| **Week 1** | **Week 2** | **Week 3** | **Week 4** | **Week 5** | **Week 6** |
| IntroductionExploration of running, jumping and throwing.Differences in running faster and slower - over long distances - steady pace. Planning a run - pacing themselves to finish in best time.How does exercise affect your body?Create their own Olympics/World Championships – choose their own activities from the range they have practised.Bring in cross curriculuar learning in Geography | Throwing 1Demonstrate a range of throwing actions - push, pull, sling - using different equipment.Increase the speed of release to enhance distances.Where do we place feet to improve distance?Run ups - long strides.Competition as part of the games created | Jumping for distanceExperiment with take offs - which one for distance?Use of run up to improve distance.Sinking hips - long last strides.Compare standing jump distances with run up & jump.Competition as part of the games created | Jumping for heightSargent jump - how high up the wall can you mark with chalk?Use of aims for height.Can we use a run up?Use of hips to help increase the height of jump.Competition as part of the games created | Throwing 2How can we get an object over a distance without throwing it?Use of heavier training shot for experimenting.Use of step and crouched star to increase distance, "coiled spring".Why no run up? – RULESCompetition as part of the games created | RelaysUse of batons to introduce basic relay racing.Changeovers.Receive from in front and behind.Team races with rules.How can we reduce times?Competition as part of the games created |

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| **Year 6** **Athletics - Planning an event for KS1** |
| **Week 1** | **Week 2** | **Week 3** | **Week 4** | **Week 5** | **Week 6** |
| What are we going to offer?Create an ideas board with the class after group mind mapping.Who?What?Where?When?How? | How are we going to advertise our competition?Children create the advertisments – videos/posters/leaflets | How are we going to reward participants for winning and taking part?Children to create certificates/medals | What activities are we offering?How will it look? Map of activities?What equipment will we need? | **Trial run**Run with Year 3Get their feedback | **Run the event**Run with Year  |