Physical Education
Athletics Year 4

Unit Purpose

The unit of work will develop pupils' ability to develop their own **sprinting technique**, analysing their own performance. Pupils will **compare** sprinting to running for distance and pacing. The unit will introduce throwing for distance with **javelins** and explore the **triple jump**.

Inspire Me

Did you know... that the longest standing mens world record is the discus throw set by Jürgen Schult in 1986. The longest standing women's world record is the 800m set by Jarmila Kratochvílová in 1983.

Key Success Criteria

P Pupils will be able to apply the correct technique for sprinting. They will explore pacing and the correct technique for triple jump and javelin.

C Pupils will apply a developing understanding of the correct technique for running fast vs pacing, triple jump, javelin and why the correct technique is important.

S Pupils will develop life skills such as communication and encouragement as they collaborate with others and support each other to improve and develop.

W Pupils will continue to develop and apply life skills such as resilience and self motivation as they strive to improve their own performance and understanding.

Vocabulary for Learning

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

Speed: Is the ability to move all or part of the body as quickly as possible. Speed is vital to success when sprinting or throwing an object.

Distance: is defined as the length of space between two points. This might mean how far an athlete has to run, how far an athlete has thrown an object, or how far an athlete has jumped.

Pace: Pace is used to measure an athletes speed. It is the amount of time it takes an athlete to cover a specific distance. It is important for long distance runners to pace themselves, if they go to fast to early, they will finish the race slower.

Power: is the intensity and speed that an object is thrown towards or how an athlete uses their body to increase the distance they jump.

Sport Specific Vocabulary

Stride Pattern: Is the distance covered when an athlete takes a step. An athletes stride pattern will differ depending on the distance that athlete is running.