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## Athletics – Medium and Short Term Planning Sheet

**Class:** Year 4 **Half Term:** Summer 2

### Running for endurance and throwing for Distance and accuracy.

<b>Physical ME</b>	<b>Social ME</b>	<b>Thinking ME</b>	<b>Healthy ME</b>
<p>Use running, jumping, and throwing in isolation and in combination through athletics activities. Develop flexibility, strength, technique, control and balance through athletics. (NC 2014)</p> <p><b>I can explore and develop my flexibility, strength, technique, control and balance when running for endurance and throwing. To focus on exploring and evaluating technique of use of body parts: use of arms. Legs angles, positioning and force of throw when exploring the push and pull throw. To be able to send different objects overarm with good technique and apply this to a competitive situation. To begin to successfully pace endurance with teacher led running challenges (PM)</b></p> <p>I know how to and can speed up and slow down by using gears, and can use in a range of situations (S2A blue PM 3)</p>	<p>Enjoy communicating, collaborating and competing with each other in competitive games (NC2014)</p> <p><b>To know and participate in the different roles relating to AA e.g. starter, judge, time keeper and be able</b></p> <p>I can know and participate in the different roles relating to AA e.g. starter, judge and be able to collaborate and communicate to support the support others.</p> <p>I can lead by example and take responsibility for my actions when working safely in athletics lessons (S2A blue SM 5)</p>	<p>Be able to evaluate and recognise their own success. Compare their performances with previous ones and demonstrate improvement to achieve their personal best (NC2014)</p> <p><b>I can with a partner or small group be able to evaluate tactics for pacing myself to run the furthest distance in given times and in competitive group challenges.</b></p>	<p>physically active for sustained periods of time and lead healthy and active lifestyles (NC2014)</p> <p>To communicate with others to follow / apply values and health and safety principles in athletics: athlete or official.</p>

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<p><b>Objectives ideas</b></p>	<p><b>Physical Me:</b> To explore and develop the most effective use of body parts, control and strength when throwing for distance and height for the push and pull throw.          To explore the most efficient way to pace yourself in endurance running.  <b>Social Me</b> To participate with a group in different roles in athletics.  <b>Thinking Me:</b> To communicate, collaborate and evaluate with a partner / small group the most effective techniques that will improve endurance in running and throwing for height or distance in either the push, pull, heave or sling throw.  <b>Healthy Me:</b> To be able to communicate with your group to follow and apply the safety principles in throwing.</p>
<p><b>Additional objectives (specific to class needs)</b></p>	<p>To all bring in PE kit and get changed quickly and quietly          To follow at least one of the Olympic / Paralympic Values</p>
<p><b>Additional challenge ideas</b></p>	<p><b>Physical Me:</b> To safely explore with a range of appropriate size equipment for throwing which will enable them to throw the furthest or enable accuracy of throw.  <b>Social Me:</b> To encourage your partner and give at least 2 areas to help them improve.  <b>Thinking Me:</b> To communicate with each member of the team and offer help to support how to improve their PB  <b>Healthy ME:</b> To identify the benefits to health when they improve their endurance.</p>
<p><b>Cross-curricular links</b></p>	<p>Health and Safety          Values          IT use of video clips from a range of male / female GB athlete role models          Mathematics measuring, recording tallying and graph work.</p>
<p><b>Resources</b></p> <p><b>Inclusion</b></p>	<p>Camera / IPAD          Top Athletics cards / UKA Elevating Athletics          Range of athletic equipment: different size soft equipment to throw, line markings cones etc.          STTEPS model: How will you adapt the environment to stretch / meet needs of all pupils          Space, Task, Time, Equipment, People          Include specific needs from your class G &amp; T, SEN etc.</p>
<p><b>Part 1</b>  <b>Warm up ideas</b>  <b>Skill development ideas:</b></p>	<p>Top athletics cards: Walking and jogging. / Gears game          Warm up designed to support flexibility, strength, FMS stopping, changing pace, direction and will raise their heart rate.</p>
<p><b>Part 2:</b>  <b>Skill development</b>  <b>(Skill development, Locomotion and object control)</b></p>	<p>With a partner / 3/s / 4's explore the push and pull throw explore throwing a range of throwing implements practice from different body positions e.g./ ideas form Top athletics and UKA Elevating Athletics throwing for distance and accuracy</p> <ul style="list-style-type: none"> <li>• Explore the above for distance and accuracy speed and power.</li> </ul> <p>With a partner plan, perform and evaluate the best way to throw for accuracy and distance, practice to improve the power of the throw.          Discuss how successful the official / thrower was in following safety rules and how accurate they were at measuring the throws. (use cones each metre)</p>

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<p><b>Part 3:</b></p> <p><b>(Skill development, Locomotion and object control)</b></p> <p><b>Social me, physical and thinking me</b></p> <p><b>Warm down Part 4: Competitive challenge</b></p>	<p>With a partner communicate, evaluate and collaborate strategies to enable them to individually or with a partner to collect more bean bags over a given time e.g. 2 / 3 minutes to discuss strategies which will enable them to run for longer and keep their pace.</p> <p>Evaluate to improve each week when ready improve the time</p> <p>Top athletics: Individually collecting the relay.</p>
<p><b>Questioning Ideas</b></p> <p><b>Use of TA / ICT</b></p>	<p>What happens when you do not pace yourself?</p> <p>Which joints help you throw for distance or height?</p> <p>What is the importance of developing flexibility to support athletics activities like these?</p> <p>List 3 things that make a good throw when throwing for distance / accuracy?</p> <p>Can you communicate and collaborate with your partner / group to improve technique?</p> <p>What is the importance of having safety rules in athletics and can discuss the key safety rules and scoring systems for running for endurance / throwing?</p> <p>Can you explore with a range of soft equipment when throwing and find the equipment that will throw the furthest and say why?</p> <p>Can you identify the role of an athletics official?</p>