



PE
Year 5

Athletics

How should I finish a sprinting race, maintaining my speed until I cross the line? What are the consequences of slowing down?

Can I develop an understanding of when and where the changeovers take place on a curved track? Can I begin to apply changeover tactics?

Can I learn how to throw a shot put and how I can use my body to throw with greater distance?

Can I evaluate my own and others sprinting technique making suggestions on how I can improve my performance on the three different phases of a sprinting race; start, middle and finish?

How can I improve my own sprinting technique to improve my performance to improve personal best?

Can I explore and develop an understanding of how to hurdle safely, applying the correct technique?

Celebration/Evaluation
I will apply the skills I have learnt to take part a sports day event.

Key Vocabulary
Tactics, Speed, Distance, Evaluation, Change Over, Personal Best, Lap, Stride pattern, Sprinting, Long distance, Javelin, Shot put, Obstacles, Hurdles

What to revisit?
Year 4—Sprinting techniques and how to run as part of a race
Year 3/4—Throwing for distance (javelin and shot put)