

PE Medium Term Plans- Athletics.

	Summer 2					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
LKS2	<p>Milestone 2 objectives covered:</p> <ul style="list-style-type: none"> • Sprint over a short distance up to 60 meters. • Accelerate and decelerate quickly and with control. • Run over a longer distance, conserving energy in order to sustain performance. • Use a range of throwing techniques (such as over arm, under arm). • Throw with accuracy to hit a target or cover a distance within a marked zone. • Jump in a number of ways, using a run up where appropriate and showing control over the landing. • Compete with others and aim to improve personal best performances. <p>Throughout sessions, pupils record their best results at each activity. They then aim to improve their results in the sports day assessment and achieve rewards for doing so.</p>					
Y3 working towards milestone 2 objectives.	Sprint over a short distance focusing on correct movement of arms and legs.	Sprint over a short distance up to 60 metres showing control over acceleration.	Throw overarm to achieve a maximum distance. Throw underarm with accuracy to hit a target.	Run steadily over a longer distance.	Jump in a number of ways showing control over the landing.	Assessment through participation in sports day.
Y4 working towards milestone 2 objectives.	Sprint over a short distance focusing on keeping the upper body still and stable.	Sprint over short distances, showing control of acceleration and deceleration.	Throw overarm to achieve a maximum distance within a marked zone. Throw underarm with accuracy to hit a target.	Decide on pacing tactics in order to sustain energy over a longer distance.	Jump in a number of ways from a short run up, and show control over the landing.	Assessment through participation in sports day.
UKS2	<p>Milestone 3 objectives covered:</p> <ul style="list-style-type: none"> • Combine sprinting with low hurdles over 60 metres, maintaining a consistent stride pattern. • Accelerate from a variety of static positions. • Pass a relay baton at speed, using correct technique. • Choose the best place for running over a variety of distances. • Perform the triple jump sequence with balance and control. • Throw accurately and refine performance by analysing technique and body shape. • Show control in take off and landings when jumping. • Compete with others and keep track of personal best performances, setting targets for improvements. <p>Throughout sessions, pupils record their best results at each activity. They then aim to improve their results in the sports day assessment and achieve rewards for doing so.</p>					
Y5 working towards milestone 3 objectives.	Accelerate from a variety of static positions and sprint over a short distance. Pass a relay baton at speed.	Combine sprinting with low hurdles.	Throw for accuracy and distance using different techniques and refine performance by analysing technique and body shape.	Jump for distance from one foot and two feet, using a short run up and showing control over take off and landing. Use the scissor technique to jump over small obstacles.	Design a sports day lay out, choosing the best places for running over a variety of distances.	Assessment through sports day competition.
Y6 working towards milestone 3 objectives.	Accelerate from a variety of static positions and sprint over a short distance. Pass a relay baton at speed using correct technique.	Sprint over low hurdles, maintaining a consistent stride pattern.	Choose appropriate techniques to complete a task and give reasons for your choice. Refine performance by analysing technique and body shape.	Perform triple jump sequences (hop, step, jump) with balance and control. Use the scissor technique to jump over small obstacles with a short run up.	Design the sports day lay-out, choosing the best places for each event.	Assessment through sports day competition.