

YEAR 5

	EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
ATHLETICS - RUNNING	<p>The three Prime ELGS of Communication and Language, PSED and Physical Development provide the foundations of which all other learning is built upon.</p> <p>Particularly:</p> <p>Gross Motor Skills ELG</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and coordination when playing.</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Run in different ways for a variety of purposes</p> <p>Travel at different speeds</p> <p>Travel in different directions</p>	<p>Run at different paces, and be able to describe it</p> <p>Use a variety of different stride lengths</p> <p>Begin to select the most suitable pace and speed for distance</p> <p>Vary the speed and direction in which they are travelling</p> <p>Be able to maintain and control a run over different distances</p>	<p>Understand the difference between a sprint and a run</p> <p>Focus on their arm and leg action to improve their sprinting technique</p> <p>Identify and demonstrate how different techniques can affect their performance</p> <p>Understand the importance of adjusting running pace to suit the distance being run</p> <p>Focus on trail leg and lead leg action when running over hurdles</p>	<p>Demonstrate an improved technique for sprinting</p> <p>Carry out and effective sprint finish</p> <p>Speed up and slow down smoothly</p> <p>Perform a relay focusing on the baton change over technique</p>	<p>Accelerate from a variety of starting positions</p> <p>Identify their reaction times when performing a sprint start</p> <p>Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run</p> <p>Identify and demonstrate stamina, explaining its importance for runners</p>	<p>Recap, practise and refine an effective sprinting technique, including reaction time</p> <p>Build up speed quickly for a sprint finish</p> <p>Accelerate to pass other competitors</p> <p>Demonstrate endurance and stamina over longer distances</p> <p>Work as a team to competitively perform a relay</p>

COMPOSITES

use running, jumping, throwing and catching in isolation and in combination

COMPONENTS

	1	2	3	4	5	6	End Point
	Can I use the correct technique for sprinting?	Can I explore running for speed?	Can I run for speed in a team?	Can I apply running for speed in a team?	Can I explore pacing and running for distance?	Can I apply tactics when running for distance?	Pupils will apply the correct technique for sprinting individually and within a team whilst

							developing their technique.
CONCEPTS Link to concept map	COMPETENCE	COMPETENCE	COMPETENCE	COMPETENCE	COMPETENCE	COMPETENCE	
SKILLS		Accelerate from a variety of starting positions	Identify their reaction times when performing a sprint start Accelerate from a variety of starting positions	Identify their reaction times when performing a sprint start Accelerate from a variety of starting positions	Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run	Identify and demonstrate stamina, explaining its importance for runners	Accelerate from a variety of starting positions Identify their reaction times when performing a sprint start Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run Identify and demonstrate stamina, explaining its importance for runners
KNOWLEDGE PE Subject Organiser - Year 5 - Athletics - Running	Pupils will apply the correct technique for sprinting individually	Pupils will demonstrate a strong understanding of how to apply the correct technique and why the correct technique is so important	Pupils will apply the correct technique for sprinting individually and within a team	Pupils will apply the correct technique for sprinting individually and within a team	Pupils will demonstrate a strong understanding of how to apply the correct technique and why the correct technique is so important	Pupils will strive to improve their own technique, ensuring they always apply maximum effort.	
LESSON LINK	Complete PE- Year 5 – Athletics - Running	Complete PE- Year 5 – Athletics - Running	Complete PE- Year 5 – Athletics - Running	Complete PE- Year 5 – Athletics - Running	Complete PE- Year 5 – Athletics - Running	Complete PE- Year 5 – Athletics - Running	
PROGRESSIVE VOCABULARY	explore technique arms head pump	explore technique arms head pump feet	technique position driving pumping	technique position driving pumping	pace stamina technique	pace stamina technique tactics distance	Articulate and recognise subject specific vocabulary

CURRICULUM EXPERIENCES						Cross country competition	
END POINT	The focus of the learning is to explore how we can use our bodies to make us run as fast as possible.	The focus of the learning is to continue to explore running for speed. Pupils will continue to learn and apply the correct sprinting technique.	The focus of the learning is to apply pupils' understanding and application of running for speed, into running as part of a team	The focus of the learning is to continue to apply pupils' understanding of running for speed into running as part of a team.	The focus of the learning is to explore pacing and running for distance. Pupils will learn the correct technique to use when running for distance.	The focus of the learning is to continue to explore pacing and running for distance.	

