

YEAR 5

	EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Throwing and Jumping	The three Prime ELGS of Communication and Language, PSED and Physical Development provide the foundations of which all other learning is built upon. Particularly: Gross Motor Skills ELG Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	Jump in a range of ways, landing safely Roll equipment in different ways Throw underarm Throw an object at a target	Perform and compare different types of jumps: for example, two feet to two feet Combine different jumps together with some fluency and control Jump for distance from a standing position with accuracy and control Throw different types of equipment in different ways, for accuracy and distance Throw with accuracy at different heights Investigate ways to alter their throwing technique to achieve greater distance	Use one and two feet to take off and land with Develop and effective take -off for the standing long jump Develop and effective flight phase for the standing long jump Land safely and with control Throw with greater control and accuracy Show increasing control in overarm throw Perform a push throw Continue to develop techniques to throw for increased distance	Learn how to combine a hop, step and jump to perform the standing triple jump Begin to measure the distance jumped Begin to explain how to land safely and with control Perform a pull throw Measure the distance of their throws Continue to develop techniques to throw for increased distance	Improve techniques for jumping for distance Perform an effective standing long jump Perform the standing triple jump with increased confidence Develop an effective technique for the standing vertical jump Measure the distance and height jumped with accuracy Perform a fling throw Throw a variety of implements using a range of throwing techniques Measure and record the distance of their throws Continue to develop techniques to	Develop a technique for the standing vertical jump Maintain control at each stage of the triple jump Perform and apply different types of jumps in other contexts Set up and lead jumping activities Perform a heave throw Continue to develop techniques to throw for increased distance and support others in improving their personal best Develop and refine techniques to throw for accuracy

						throw for increased distance	
COMPOSITES use running, jumping, throwing and catching in isolation and in combination							
COMPONENTS							
	1 Can I explore the difference between throwing for accuracy and throwing for distance?	2 Can I use my body to throw a javelin with greater distance?	3 Can I use my body to throw a shot put with greater distance?	4 Can I use my body to throw a discus with greater distance?	5 Can I explore how I can use my body to jump as far as possible in one jump?	6 Can I explore how I can jump as far as possible, using a combination of jumps, in particular hop, skip and jump?	End Point Children will be able to apply the correct technique to throwing and jumping and know why the correct technique is so important.
CONCEPTS Link to concept map	COMPETENCE	COMPETENCE	COMPETENCE	COMPETENCE	COMPETENCE	COMPETENCE	
SKILLS	Throw a variety of implements using a range of throwing techniques Continue to develop techniques to throw for increased distance	Throw a variety of implements using a range of throwing techniques Measure and record the distance of their throws Continue to develop techniques to throw for increased distance	Throw a variety of implements using a range of throwing techniques Measure and record the distance of their throws Continue to develop techniques to throw for increased distance	Perform a fling throw Throw a variety of implements using a range of throwing techniques Measure and record the distance of their throws Continue to develop techniques to throw for increased distance	Improve techniques for jumping for distance Perform an effective standing long jump Measure the distance and height jumped with accuracy	Improve techniques for jumping for distance Perform the standing triple jump with increased confidence Measure the distance and height jumped with accuracy	Improve techniques for jumping for distance Perform an effective standing long jump Perform the standing triple jump with increased confidence Measure the distance and height jumped with accuracy
KNOWLEDGE PE Subject Organiser - Year 5 - Athletics - Throwing and Jumping	Pupils will demonstrate a strong understanding of how to apply the correct technique and	Pupils will demonstrate a strong understanding of how to apply the correct technique and why the	Pupils will develop their technique for throwing the shot put.	Pupils will demonstrate a strong understanding of how to apply the correct technique and why the	Pupils will demonstrate a strong understanding of how to apply the correct technique and	Pupils will demonstrate a strong understanding of how to apply the correct technique and why the correct technique is so important.	Pupils will demonstrate a strong understanding of how to apply the correct technique and why the correct technique is so important.

	why the correct technique is so important.	correct technique is so important.		correct technique is so important.	why the correct technique is so important.		
LESSON LINK	Complete PE- Year 5 – Athletics – Throwing and Jumping	Complete PE- Year 5 – Athletics – Throwing and Jumping	Complete PE- Year 5 – Athletics – Throwing and Jumping	Complete PE- Year 5 – Athletics – Throwing and Jumping	Complete PE- Year 5 – Athletics – Throwing and Jumping	Complete PE- Year 5 – Athletics – Throwing and Jumping	
PROGRESSIVE VOCABULARY	throw accuracy distance technique target	throw javelin technique over arm stance grip extension rotation weight	throw shot put technique push stance grip extension rotation weight	throw discus technique sling stance grip extension rotation weight	jump technique 2 feet arms swing knees balance	jump technique hop skip combination triple jump	Articulate and recognise subject specific vocabulary
CURRICULUM EXPERIENCES						Inter-house competition	
END POINT	Pupils will explore the differences between throwing for accuracy and throwing for distance.	Pupils will learn how to throw a primary school javelin and how they can use their bodies to throw with greater distance.	Pupils will learn how to throw a primary school shot put and how they can use their bodies to throw with greater distance.	Pupils will learn how to throw a primary school discus and how they can use their bodies to throw with greater distance.	Pupils will explore how we can use our bodies to jump as far as possible in one jump using the correct technique.	Pupils will explore how we can use our bodies to jump as far as possible, using a combination of jumps, in particular hop, skip and jump	Pupils will demonstrate a strong understanding of how to apply the correct technique and why the correct technique is so important.