

YEAR 4

	EFYS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
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 an 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 explore the technique for sprinting?	Can I apply the technique for sprinting?	Can I begin to apply the sprinting technique to a team race?	Can I apply the sprinting technique accurately within a team race?	Can I explore the technique for running for distance?	Can I apply the technique for running for distance?	Children will be able to use appropriate techniques when running for speed or distance.
CONCEPTS Link to concept map	COMPETENCE	COMPETENCE	COMPETENCE	COMPETENCE	COMPETENCE	COMPETENCE	
SKILLS	Demonstrate an improved	Demonstrate an improved	Carry out an effective sprint finish	Carry out an effective sprint finish	Speed up and slow down smoothly	Perform a relay focusing on the baton change over technique	Children to perform an effective sprint race.

	technique for sprinting	technique for sprinting					Children to perform an effective relay race.
KNOWLEDGE Running.pdf	Children to show an ability to love their bodies as quickly as possible	Children to show an ability to love their bodies as quickly as possible	Children to demonstrate sprinting tactics	Children to demonstrate sprinting tactics	Children to understand distance as the length of space between one point and another	Children to understand distance as the length of space between one point and another	Children to show speed to sprint. Children to run a distance.
LESSON LINK	Lesson 1.pdf	Lesson 2.pdf	Lesson 3.pdf	Lesson 4.pdf	Lesson 5.pdf	Lesson 6.pdf	
PROGRESSIVE VOCABULARY	sprint technique speed	sprint technique speed	sprint technique speed team race	sprint technique speed team race	run distance technique pace	run distance technique pace	Articulate and recognise subject specific vocabulary
CURRICULUM EXPERIENCES				Sports Day		Sports Day	
END POINT	Children to explore their own sprinting techniques	Children to apply the sprinting technique of speed	Children to begin to apply the sprinting technique to a team race	Children to apply the sprinting technique to a team race	Children to explore their own techniques for running for distance	Children to apply the running for distance technique of pace	Children can apply a technique for sprinting and running for distance