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| SKILLS | Recap, practise and refine an effective sprinting technique, including reaction time | Recap, practise and refine an effective sprinting technique, including reaction time Build-up speed quickly for a sprint finish | Accelerate to pass other competitors Work as a team to competitively perform a relay | Accelerate to pass other competitors Work as a team to competitively perform a relay | Demonstrate endurance and stamina over longer distance | Demonstrate endurance and stamina over longer distance Work as a team to competitively perform a relay | Pupils can use an effective technique, speed and pace to sprint and run for distance in a team race |
| KNOWLEDGE ..\..\MTPs\PE\Year 6\Term 4\Knowledge Organiser.pdf | Pupils to understand that speed is vital to success when sprinting and they will be sprinting a short distance | Pupils to understand that speed is vital to success when sprinting and they will be sprinting a short distance | Pupils to understand that when they are working as a team, they will need to apply careful tactics in order to reach the goal | Pupils to understand that when they are working as a team, they will need to apply careful tactics in order to reach the goal | Pupils to understand that when they are running for distance they will be running for a further distance | Pupils to understand they will need to run at less speed to achieve pace | Pupils will understand the difference between sprinting and running for distance |
| LESSON LINK | ..\..\MTPs\PE\Year 6\Term 4\Lesson 1.pdf | ..\..\MTPs\PE\Year 6\Term 4\Lesson 2.pdf | ..\..\MTPs\PE\Year 6\Term 4\Lesson 3.pdf | ..\..\MTPs\PE\Year 6\Term 4\Lesson 4.pdf | ..\..\MTPs\PE\Year 6\Term 4\Lesson 5.pdf | ..\..\MTPs\PE\Year 6\Term 4\Lesson 6.pdf | |
| PROGRESSIVE VOCABULARY | sprint technique reaction time speed | sprint technique reaction time speed | sprint technique reaction time speed team race | sprint technique reaction time speed team race | run distance technique endurance stamina | run distance technique endurance stamina pace | |
| CURRICULUM EXPERIENCES | | | Inter-house competition | Inter-house competition | | | |
| END POINT | Pupils can use the sprinting technique | Pupils can apply the sprinting technique successfully to gain speed | Pupils can apply the sprinting technique to a team race | Pupils can develop the sprinting technique to a team race | Pupils can use techniques for running for distance | Pupils can apply pace when running for distance | Pupils can successfully apply techniques for sprinting and running for distance |