



Planning Overview

Athletics

Year 1&2

Lesson	Main lesson objectives	Teaching Activities	Learning Outcomes
Sprinting	To be able to sprint over short distances as fast as they can, using arms and legs	<p>Get children to sprint over short distances or for a period of time</p> <p>Get them engaged by making them collect treasure</p> <p>Teach them that in sprinting it is important that we use our arms</p>	<p>Children will be able to sprint for 3-5 seconds.</p> <p>Children will understand that sprinting isn't just about using our legs.</p>
Long distance	To understand we must run slower to run further	<p>Get children to run over long distances than last week</p> <p>Ask children how they feel and explain that they cannot sprint for too long so need to slow down or pace their self.</p>	<p>Children will be able to run for a longer distance without stopping.</p> <p>Children will understand that they need to slow down from their sprint speed in order to continue to run over a longer distance.</p>
Relays	To be able to race in a team relay over different distances	<p>Teach children how to race in a relay format</p> <p>Allow children to talk about</p>	<p>Children will understand how a relay works (taking turns, staying in lane, ect).</p>

		<p>plans with their team Give children a chance to run with an item which has to be passed</p>	<p>Children will be able to run with a small item, which replicates a baton.</p>
Jumping	To be able to jump with good technique in different directions	<p>Talk about how bending legs and swinging arms helps them to jump further</p> <p>Get children to jump on and off spots, forwards, backwards and side to side, to allow them to practice using correct techniques</p> <p>Get children to try and jump over a distance in the least amount of jumps</p>	<p>Children will be able to demonstrate good jumping technique</p> <p>Children will understand how bending the knees and swinging the arms help us to jump</p>
Throwing	To be able to throw equipment under arm and over arm	<p>Play different activities to demonstrate how to throw equipment over different distances in different styles</p> <p>Teach children how to aim to make them throw further.</p>	<p>Children will be able to demonstrate throwing over arm and under arm.</p> <p>Children will be able to aim in the correct direction and height to maximize their throwing distance.</p>
Competition	To be able to perform skills in several running, throwing and jumping events	Children will take part in a mini Olympics where several activities or stations which use all of the previous weeks skills	Children will be able to compete in running, throwing and jumping events

Year 3&4

Lesson	Main lesson objectives	Teaching Activities	Learning Outcomes
Sprinting	All children should be able to show control with their movements over a short distance incorporating their arms and legs.	<p>Show linear movements. Display good arm, leg and body technique.</p> <p>Teach children starting position of a race. Incorporate ladders and hurdles to allow children to move more efficiently.</p> <p>Discuss why it is important to breathe in and out when racing.</p>	<p>Shows good technique when sprinting Children can show good coordination of their body</p> <p>Children will be able to have a good understanding of lane discipline when racing against other people.</p>
Long Distance	All children need to be able to run successfully over a long distance and understand how to pace themselves.	<p>Different activities, which allow children to change speed.</p> <p>Discuss with children why we need to maintain the same speed for a period of time. Start to challenge children to cover distances over a long period.</p>	<p>Children will have good knowledge of what speed to run at depending on the time/distance they are running for.</p> <p>Children will be displaying good breathing techniques to help them for a longer period of time. Showing good technique of running when running for a long time.</p>

Relays	All children should be able to successfully display a baton changeover and be able to run as a group on a track	<p>Provide the children with a variety of equipment for them to show good changeovers. Use a baton in lessons for children to be able to show their understanding of what is used in a relay race.</p> <p>Play games which incorporate awareness to help them with lane discipline</p>	<p>Good understanding of lane discipline. Understand how to pass a baton to teammates.</p>
Jumping	All children should be able to show control of their body whilst jumping over a short distance.	<p>Discuss with children different techniques used for small/long, fast/ slow jumping.</p> <p>Display good coordination skills to help children perform their best jumps possible. Discuss how bending knees and swinging arms help us to get further on our jumps.</p>	<p>They will demonstrate good jumping over a short distance.</p> <p>Children will be able to show good coordination when either jumping over a short/small jump of long/fast jump. Children will be able to demonstrate landing skills when finishing their jump.</p>
Throwing	All children need to show a variety of techniques whilst throwing over a long distance with control	<p>Set up different activities to challenge children's ability on how to throw over various distances. Look at various techniques to throw over a short and long distance with control.</p>	<p>Children can demonstrate how to throw over a short/ long distance with control. To be able to incorporate a run up. Have a clear understanding of what technique is required to gain distance in throwing events in athletics.</p>

Competition	All children should be able show they can compete as individuals and as a team in an athletics competition.	Set up activities, which will enable the children to compete against each other.	To successfully be able to compete against each other in a competition. To be able score and officiate a specific station event.
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5&6

Lesson	Main Lesson Objective	Teaching Activities	Learning outcomes
Sprinting	For all children to successfully be able to run over a short distance with speed and fluency.	Show linear movements. Display good arm, leg and body technique. Teach children starting position of a race. Incorporate ladders and hurdles to allow children to move more efficiently. Set up activities to encourage speed and fluency.	Shows good fluency when sprinting. Shows good coordination. Shows good understanding of lane discipline when racing against other children. Children will be able to use speed to their advantage to accelerate away from other children.
Long Distance	For all children to be able to run successfully over a long distance and understand how to pace themselves and position themselves to win a race.	Different activities, which allow children to change speed. Discuss with children why we need to maintain the same speed for a period of time. Talk about why is it good to breathe when running.	Children will be able to adapt quickly depending on the time/distance they are running for. Display good breathing techniques to help them run for the longer period of time. Showing good mental

			decision making and being able to position themselves well in order to win the race.
Relays	To successfully perform an efficient baton changeover with a smooth transition as part of a team.	Use batons in the lesson for children to select and apply the correct skills when looking at changeover Play games, which encourage children to transfer a baton to a teammate with control and flare.	Children will successfully be able to transfer a baton to a teammate with control and fluency in a race environment. Children will use tactics, which will only speed up a baton changeover.
Jumping	For all children to be able to jump and learn the basics of a triple jump with confidence and control.	Discuss the different techniques used for small/ long fast/slow jumps. Display good coordination. Discuss bending the knees and swinging the arms and how they help us to gain more distance. Teach children the 3 phases of a triple jump. Teach children the long jump	Children will be able to successfully jump over a longer distance depending on what jump they are doing. Good landing skills when finishing the jump. Children will be able to demonstrate body control when completing a jump over distance.
Throwing	To successfully be able to throw a variety of equipment with control over a range of distances.	Display ways of helping the children use aiming skills to help them throw in the correct direction. Play different activities to demonstrate how to throw equipment over different	Successfully be able to aim correctly and throw various pieces of equipment over an assigned distance. To be able to progress a throwing event by adding in a run up.

		distances using different techniques.	Have a clear understanding of what equipment if used for what event.
Competition	For all children to compete as an individual and as a team in an athletics competition.	Set up activities that will enable the children to compete against each other.	To successfully be able to compete against other children in a competition. To be able to use previous weeks learning experiences.