

	1/2	3/4	5/6
R u n n i n g	<ul style="list-style-type: none"> • Vary the speed and direction of their running • Begin to select the most suitable pace and speed for distance. • Apply basic running techniques to a variety of situations i.e. Curved/ straight lines and obstacle course. 	<ul style="list-style-type: none"> • Begin to develop a sprinting technique using arms and legs. • Understand the importance of adjusting running pace to suit the distance. • Perform a relay focusing on the baton change over. 	<ul style="list-style-type: none"> • Refine the skills of an effective sprinting technique including a sprint start and a competitive finish. • Combine running with jumping fluently over hurdles using a consistent stride pattern. • Work as a team to competitively complete a relay. • Select the most appropriate pace for different distances.
J u m p i n g	<ul style="list-style-type: none"> • Perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot. • Investigate the best jumps and identify the most appropriate to cover different distances. 	<ul style="list-style-type: none"> • Develop an effective take off for standing long jump. • Combine a hop step and a jump to perform triple jump. • Investigate ways of increasing distance when performing various jumps. 	<ul style="list-style-type: none"> • Investigate ways of jumping effectively and competitively to improve their personal bests. • Develop techniques for the standing long jump landing safely with control. • Develop techniques for the 'Triple Jump' landing safely with control.
T h r o w i n g	<ul style="list-style-type: none"> • Throw over and under arm. • Throw different equipment accurately towards a target. • Investigate ways to alter their throwing technique to achieve greater distance. 	<ul style="list-style-type: none"> • Perform a push throw with control to increase distance. • Perform a pull throw with control to increase distance. • Show control and accuracy when performing an overarm throw. 	<ul style="list-style-type: none"> • Continue to develop techniques to throw for increased distance improving their personal best. (Push throw and Pull throw) • Perform a fling throw with control to increase distance

Athletics Overview (Summer1)