


Curriculum Objectives	Vocabulary				Links Across the Curriculum
Pupils should be taught to: <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination. play competitive games, modified where appropriate. develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	Sprint	To move or jump suddenly or rapidly upwards or forwards.	Accuracy	The quality or state of being precise/ on target.	Maths—counting and adding scores. English—vocabulary. Specific words and phrases used. Science—functions of the body (respiratory system, cardio-vascular system, function of the skeletal system, muscles). See progression map. PSHE—team work, social skills,, leadership, health and wellbeing.
	Explode	Increase suddenly in energy exerted or extent.	Distance	The length of the space between two points.	
	Pump	Move arms vigorously up and down.	Performance	The action or process of performing a task or function.	
	Release	Allow (something) to move, act, or flow freely.	Technique	A skilful or efficient way of doing or achieving something.	
	Long distance	Travelling for more distance.	Pace	To move at a particular rate or speed.	
	Throwing	Propel (something) with force through the air by a movement of the arm and hand.	Breathing	The process of taking air into and expelling it from the lungs.	

Lessons Sequence	Key Knowledge	Disciplinary Knowledge / Skills
1.To begin to understand how to run for speed and acceleration using an effective technique in competition. 2.To begin to demonstrate the ability to run for speed and acceleration with an effective technique in competition.	Pupils will consolidate learning from KS1 and Year 3 and explore how to apply correct sprinting technique into competition. Children will take part in individual sprinting races and relay sprinting races.	Pupils can make their bodies run as fast as possible. Pupils are able to run with a pumping action with their arms and elbows bent. Pupils run with their head up and focused forwards. Pupils collaborate and run in a team
1.To begin to understand how to run for distance using an effective technique. 2.To begin to demonstrate the ability to run for distance using an effective technique.	Pupils will consolidate learning from KS1 and Year 3 and explore how to apply the correct long distance running technique into competition. Pupils will complete individual long distance runs of 1 lap or more. Pupils will complete relay long distance runs where pupils are completing at least 1 laps each.	Pupils run with their head up and focused forwards , arms pumping, elbows bent and driving knee action while running on the balls of their feet so that they are light and springy. Pupils can maintain their technique for 1 lap. Or more.
1.To begin to understand how to throw for distance using an effective technique when throwing a basketball (shot put stance) and howler. 2.To begin to demonstrate how to throw for distance using an effective technique when throwing a basketball (shot put stance) and howler.	Pupils will consolidate learning from KS1 and Year 3 and explore how to apply the technique when throwing a basketball (shot put stance) and howler in competition. Pupils will compete in teams and individually.	Pupils begin execute push throw with a basketball (shot put stance) for distance. Pupils begin to understand why they need to release the basketball at the right time. To understand why it is important to apply the correct technique. Pupils begin to apply an accurate stance combined with a well-timed release to throw further. Pupils begin execute a throw with a howler for distance. Pupils begin to understand why they need to release the howler at the right time. To understand why it is important to apply the correct technique. Pupils begin to apply an accurate stance combined with a well-timed release to throw further.
1.To begin to understand how to jump for distance using effective techniques: standing long jump and standing triple. jump. 2.To begin to demonstrate how to jump for distance using effective techniques: standing long jump and standing triple jump.	Pupils will consolidate learning from KS1 and Year 3 and explore how to apply the technique performing a standing triple jump and long jump in competition. Pupils will compete in teams and individually.	Pupils begin to execute a standing long jump with swinging arms, bent knees, landing on two feet with balance. Pupils begin to understand that with the right technique, they can jump further, compared to incorrect technique. Pupils begin execute a standing triple jump with combining together the hop, skip and jump. Pupils select the correct foot to start with.
1.To begin to understand how to run, jump and throw using the taught techniques in intra-school competitions. 2.To begin to demonstrate how to run, throw and jump using the taught technique in intra-school competitions.	Over the course of two lessons, pupils will take part in a mini Olympics with children from the other Year 3 classes. Children will be split into teams with all children taking part in different events.	Children to apply Year 3 taught standing long jump, standing triple jump, running for distance, running for speed, howler and throwing shot put stance technique,
1.To begin to understand how to run, jump and throw using the taught techniques in intra-school competitions. 2.To begin to demonstrate how to run, throw and jump using the taught technique in intra-school competitions.	Over the course of two lessons, pupils will take part in a mini Olympics with children from the other Year 3 classes. Children will be split into teams with all children taking part in different events.	Children to apply Year 3 taught standing long jump, standing triple jump, running for distance, running for speed, howler and throwing shot put stance technique,

Themes		Diversity in the Curriculum	
Jumping	Children can begin to perform a standing long jump and standing triple using the taught technique in competition.	The Olympics The Olympic Games are the world's leading sports event. Athletes from more than 200 countries compete in them. The Olympics include the Summer Games and the Winter Games.	
Running	Children can begin to run for speed and acceleration and run for distance using the taught technique in competition.		
Throwing	Children can begin to throw for distance using a howler and basketball (shot put stance) using the taught technique in competition.		
Evaluation	LKS2 - To say what they did well and how they could improve.		

Outcome	Character Traits	Stickability	WOW
Children to understand and begin to demonstrate the correct technique for running, throwing and jumping in competition.	Confidence Ambitious	Experience	Experience Equipment Outdoors

Pupils to watch videos: https://www.youtube.com/watch?v=e3_hZVagQQA
<https://www.youtube.com/watch?v=btWIFOLignA>