



Shadsworth Junior School



Curriculum

Year 5 Scheme of Work for PE

Term: Spring 1

Topic: PE Athletics

Key Skills and Knowledge:

- Perform a variety of jumps (Long jump and triple jump) and measure for distance.
- React quickly and accelerate over short distances.
- Develop pace when running longer distance.
- Pass a relay baton with control and timing in a pairs change over.
- Perform a variety of throws using correct stance rotating hips forward with good height and distance.
- Demonstrate accuracy and confidence in catching activities.
- Can use equipment safely and with good control.
- Begin to record peers performances, and evaluate these.

Key Knowledge

- To begin using the correct running techniques at different speeds. Bend the elbows and swings arms from the shoulders, lift knees high, land on balls of the feet, take long strides and lean forward slightly.
- To know where to place your body and move your arm whilst throwing.
- To know the importance of warm ups and cool downs.

Character Development

- Set a goal and commit to practise to improve their performance in running, jumping and throwing.
- Show willpower when performing skills they find difficult and keep trying.
- Evaluate own and others' work suggesting ways to improve

Reading and Writing Opportunities (Long and Short Activities)

Creative Ideas and Hooks

Write a poem about throwing, jumping or running.
Newspaper article about an event.
Fact file of an Olympian.
Articles and newspaper clippings to read.

Videos clips of professional athletes.
Diary entry as a professional sportsperson.
Recount of sports day
Explanation text about the importance of the Olympics.

Links to PSHCE, Equality and British Values Work

STEPS for differentiation
Promoting gender equality in sport
Right to be heard
Group work majority votes

British success
Independence
Following rules

Key Vocabulary:

Running, jumping, throwing, speed, acceleration, technique, consistency, sustain, fluency, force, approach, take off, flight, landing, power, relay, measure, performance, personal challenge, track, field.

Resources Available / Visits/Visitors

Hurdles
Foam javelins
Running track
Speed bounce boards
Reversa boards
Blackburn Harriers
Witton Park athletics track
Potential visits from Olympians

Useful Websites:

<http://www.esaa.net/handbook/keystage2.html>
[PE Passport](#)

Previous Knowledge

Perform a hop, step and jump (standing triple jump)
Choose and understand appropriate running techniques and use with confidence.
Develop running for distance increasing each lesson.