



Physical Education – Summer 2 - Cycle B 2023/24 – Class 5 – Y5/6 Athletics

<p>Substantive Knowledge (NC) KS2</p> <ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • develop flexibility, strength, technique, control and balance • compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Character Self-motivation - To set a goal and be committed to practice to improve my performance. Determination - To show willpower, when performing skills, I find difficult, and not give up but keep trying. Self-motivation - To try to be the best I can be in the challenges.</p>	<p>Markers for Assessment</p> <p>Can run, jump, throw and catch with flexibility, technique, control and balance, in isolation and in combination.</p> <p>Can set a goal and practice to improve my performance to achieve a personal best.</p>	<p>Below</p>	<p>Above</p>
<p>Disciplinary Knowledge</p> <p>To perform running techniques for short and long distances.</p> <p>To develop running techniques at different speeds.</p> <p>To take off and land using a hop, step and jump.</p> <p>To take part in an athletics event and record times and distances.</p> <p>Y6 – ALL Assessment markers.</p>	<p>Markers for Assessment</p> <p>Can perform running techniques for short and long distances with control and balance, using different speeds.</p> <p>Can take off and land using a hop, step and jump.</p> <p>Can take part in an athletics event and record times and distances.</p>	<p>Below</p>	<p>Above</p>
<p>Prior Substantive Knowledge</p> <ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • develop flexibility, strength, technique, control and balance • compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Character To willingly have a go at the activities. To improve my performance and not worry about other people. To persevere and try to improve my throwing skills through sustained effort. To learn from my mistakes and ask for feedback so that I can improve. To recognise strengths and areas for improvement in your own performance.</p>	<p>Vocabulary</p> <p>Technique, baton, quoit, combination, sling throw, resilience, sustained effort, feedback, strengths, improvement</p>		

<p>Prior Disciplinary Knowledge</p> <ul style="list-style-type: none"> To explore different running techniques. To develop jumping actions (two feet to two feet for distance). To throw for distance using a pull, push and sling throw. To pass a quoit/baton to a teammate in a relay. To perform a hop, step and jump. To perform a combination of 5 jumps. 	
<p>Questions (potential 'hook' questions for lessons)</p> <ul style="list-style-type: none"> Why is it important not to compare ourselves to others? Why is it important to set ourselves goals and be determined to achieve and improve our own performance? How can you get more height when jumping? How can you retain control when moving? What do we mean by 'being determined'? 	<p>Cross-Curricular/Enrichment</p> <p>PSHE</p> <p>Effects of exercise for good mental health and developing a positive mindset. Talk to others in a positive way to help them improve their skills and performance.</p> <p>Diamond 9</p> <p>Collaboration Resilient Challenge Independent</p> <p>ENGLISH</p> <p>Speaking and Listening skills</p> <p>Mathematics</p> <p>Scores and recording performances/evaluations Charts and tables for recording scores and team totals.</p>