

Overview of Athletics Curriculum

Year 3

Unit 1



- Independent use of mobility exercises incorporated into a warm up.
- Engaging in a variety of pulse-raising, running and avoiding games to develop footwork, transference of body weight and spatial awareness.
- Developing techniques for: sprinting, throwing for accuracy, changing pace, jumping, relay and throwing for distance.
- Working cooperatively with a partner to count, measure, time and provide peer assessment.
- Using a range of equipment to throw, experience different body positions, experience different take-offs and landings and run at different speeds and rhythms.
- Working together in groups to engage in relays, challenges and problem solving activities.

Unit 2

- Independent use of mobility exercises.
- Engaging in a variety of pulse-raising, running and avoiding games to develop footwork, transference of body weight and spatial awareness.
- Developing techniques for: sprinting, throwing for accuracy and distance, jumping for distance and endurance.
- Working cooperatively with a partner to count, measure, time and provide peer assessment.
- Using a range of equipment and targets when throwing, jumping and running.
- Working together in groups to engage in relays, challenges and problem solving activities.

Year 4



Unit 1

- Independent use of mobility exercises and a range of pulse-raising problem-solving activities.
- Engaging in a variety of pulse-raising running and avoiding games to develop nimble footwork, transference of weight and spatial awareness.
- Developing techniques for: running for speed and distance, throwing, jumping, sprint starts, throwing for distance and accuracy and running over obstacles.
- Working cooperatively with a partner to count, measure, time and provide peer assessment.
- Using a range of equipment, techniques and body positions when throwing, jumping and running.
- Working together in groups to engage in relays, challenges and problem solving activities.

Unit 2

- Independent use of mobility exercises and a range of pulse-raising problem-solving activities.
- Engaging in a variety of pulse-raising running and avoiding games to develop nimble footwork, transference of weight and spatial awareness.
- Developing techniques for: pacing, combination jumping, relays and throwing for accuracy.
- Working cooperatively with a partner to count, measure, time and provide peer assessment.
- Using a range of equipment, techniques and body positions when throwing, jumping and running.
- Working together in groups to engage in relays, challenges and problem solving activities.

Year 5



Unit 1

- Warming-up exercises and games.
- Pulse-raising activities and tag games to develop balance and spatial awareness.
- Developing techniques for: running over obstacles, throwing, sprinting, jump combinations, relay take-overs and estimating duration, distance and speed.
- Working cooperatively with a partner to count, measure, time and provide peer assessment.
- Using a range of equipment, techniques and body positions when throwing, jumping and running.
- Working together in groups to engage in relays, challenges and problem solving activities.

No Unit 2 - Year 5 Swimming Lessons

Year 6

Unit 1



- Warming-up exercises and games.
- Pulse-raising activities and tag games to develop balance and spatial awareness.
- Developing techniques for: drive and speed, shot put, discus, javelin, long jump, triple jump, running over obstacles and endurance.
- Working cooperatively with a partner to count, measure, time and provide peer assessment.
- Using a range of equipment, techniques and body positions when throwing, jumping and running, whilst adding a short run-up.
- Working together in groups to engage in relays, challenges, problem solving activities and competitive situations.

Unit 2

- Warming-up exercises and games.
- Pulse-raising activities and tag games to develop balance and spatial awareness.
- Developing techniques for: stride frequency and smooth relay take-overs, jumping from height, changing direction at speed, javelin and changing speed.
- Working individually, in pairs and small groups to measure, time, estimate and set targets.
- Working competitively to beat your own record and be in competition against others.
- Engaging in peer assessment and evaluate own performance.