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| <p>Subject: Indoor athletics Year 4 Term Autumn 1</p> | <p>Skills Outcome: and <i>Knowledge Outcomes:</i> <i>LO:</i></p> | |
| <p>Focus Learning the correct techniques and applying the knowledge through the events for throwing, jumping and running</p> | <p>I can throw the javelin or shot put with the correct grip and arm action <i>I know the correct grip and throw for shot put and javelin</i></p> <p>I can jump with the correct preparation on bent knees and then use arms and legs to propel forwards</p> <p>I can run with the correct arm and leg techniques <i>I know the correct arm and leg technique when running</i></p> <p>I can use the correct changeovers with a baton when I compete in a relay race</p> | |
| | <p>Intended Outcome: Children can perform in jumping, throwing and running events using the correct techniques and be able to explain why they use these techniques.</p> | |
| | <p>Suggested activities / tasks:</p> <ul style="list-style-type: none"> - Olympic origins- which of these sports do you think began back in Ancient Greece? - Teach techniques for run, throw and jump, in groups where children have plenty of turns to practice. Add in some competitive elements to go against other children. - Running – arm and leg technique, hips to lips, turning at the wall. Add in relay changeovers. - Throwing – shot putt (clean palm, dirty fingers, a push not a throw), javelin (hold by grip, point forwards, throw from shoulder). BOTH THROWS ARE SIDE ON FEET, ROTATE HIPS, RELEASE. - Jumping – bending knees like a spring, arms swing forwards to gain momentum. - Triple Jump – Hopping phase to be practiced, then adding in a step and final | <p>Key Questions:</p> <p>When did these Olympic events begin? What body part can you use to jump further? How do we land safely? How do you know you are doing the correct movement? What is the difference between the way we throw a shot and a javelin? What is the same between the throws? How can we jump further, what do we need? When sprinting, what are our arms and legs doing?</p> |

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| | <p>add the jump in. Same foot, other foot, together.</p> <ul style="list-style-type: none"> - Practice techniques - Perform techniques through competing | |
| <p>Vocabulary:</p> <p>Sprint Arm drive Knee drive Changeover Grip Propel Twist hips Momentum Clean palm – dirty fingers Side on feet Bent knees Swing arms Hips to lips Hop – step - jump</p> | <p>Resources:</p> <p>Relay batons Indoor shot puts Speed bounce mat Foam javelins Hurdles Basket balls Cones</p> | <p>Links to Other subjects:</p> <p>Ancient Greece- Olympic events</p> |
| <p>SEND/EAL</p> <p>More 1:1 time to practice and refine Terminology different- break skills down i.e hop, skip, jump instead same foot, other foot same foot</p> | <p>AGT</p> <p>Compete earlier Coaching role Record their results and results of others-officiate</p> | <p>Suggested Trips / experiences</p> <p>Indoor athletics competition Athletic events Sports day</p> |