

# COMPETING EDSTART

## Year 5 - Athletics Unit of Work

**Pupils will be taught...**

### Overall Learning Outcomes (Endpoints)

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#### **Children can:**

- Understand and can explain different track and field events
- Start to show developed running, throwing and jumping skills
- Start to show a developed running technique for sprinting, showing good coordination and control
- Accurately throw a variety of athletic equipment for distance
- Use the upper body to gain distance on the jump
- Understand and identify when a technique has not been performed effectively
- Demonstrate stamina to maintain a sustained run

### Learning Objective

### Learning Outcomes

**1 To work on speed, agility and quickness**

**Children can:**

- Change direction quickly
- Start to show developed running, throwing and jumping skills
- Know the correct footwork they need to run quickly
- Complete the Edstart Champions 20m agility sprint and speed bounce

**2 To be able to sprint correctly and efficiently**

**Children can:**

- Show good reaction times and can identify an effective sprint start
- Start to show a developed running technique for sprinting, showing good coordination and control
- Complete the Edstart Champions 100m and 200m sprint

**3 To throw a number of different athletic pieces of equipment**

**Children can:**

- Follow step-by-step instructions with regards to throwing activities showing increasing accuracy and success
- Start to identify when a technique has not been performed effectively
- Complete the Edstart Champions javelin and discus

**4 To jump for distance using a variety of techniques and footwork patterns**

**Children can:**

- Demonstrate good control and coordination when performing jumping activities
- Jump for distance when using the triple jump approach
- Complete the Edstart Champions long, triple and high jumps

**5 To be able to run for distance**

**Children can:**

- Start to demonstrate stamina to maintain a sustained run
- Complete the Edstart Champions 400m long distance race

**6 To perform in a Sports Day, using events and techniques shown**

**Children can:**

- Perform in a variety of events against other pupils
- Know what each event entails
- Complete the Edstart Champions programme and achieve personal bests (Wall squat, sit and reach)

### Assessment Mark

### Requirements

#### Working Towards

- Understand basic rules
- Retain key information
- Use fundamental movements (Jog, jump, hop, balance, skip, side to side, change of direction)
- Understands and can explain different track and field events

#### On Target

- Shows basic running, throwing and jumping techniques
- Can adjust their running technique for sprinting, showing some coordination and control
- Demonstrates stamina to maintain a sustained run
- Can follow step-by-step instructions and copy a range of throwing techniques with some accuracy
- Can understand and identify when a technique has not been performed effectively

#### Above Target

- Shows developed running, jumping and throwing skills
- Shows good reaction times and can identify an effective sprint start
- Shows a developed running technique for sprinting, showing good coordination and control
- Demonstrates good control and coordination when performing jumping activities
- Follows step-by-step instructions with regards to throwing activities showing increasing accuracy and success

#### Excelling

- Competes/demonstrates an ability to compete at an elite level
- Analyse skills and techniques to modify and improve performance
- Shows knowledge of athletic events and techniques, such as running style and throwing/jumping technique achieving high success
- Confidently applies existing fundamental movements in a variety of athletic activities
- Demonstrates fast reaction times to achieve an effective sprint start
- Demonstrates speed, power, and coordination when sprinting, throwing and jumping

To be **ON TARGET**, pupils must achieve all bullet points from **WORKING TOWARDS** and at least 3 bullet points from **ON TARGET**.

To be working **ABOVE TARGET**, pupils must achieve all points from **WORKING TOWARDS** and **ON TARGET** as well as at least 3 bullet points from **ABOVE TARGET**.

To achieve **EXCELLING**, pupils must achieve all bullet points from **WORKING TOWARDS**, **ON TARGET** and **ABOVE TARGET** as well as at least 3 bullet points from **EXCELLING**.