COMPLETE EDSTART

Year 6 - Athletics
Unit of Work

Pupils will be taught...

Overall Learning Outcomes (Endpoints)

Children can:

- Run efficiently using the correct technique
- Accurately throw a variety of athletic equipment for distance
- Understand to transfer their body weight from back to front to generate more power when throwing
- Understand the basics of jumping and landing
- Use the upper body to gain distance on the jump
- Understand that when running for distance they must pace themselves in order to complete the distance set
- Combine a range of running, jumping, throwing and catching techniques with control

Learning Objective	Learning Outcomes
1 To work on speed, agility and quickness	**Children can:** • Change direction quickly • Work on being more agile when running and turning • 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:** • Know how to sprint start • Understand to run flat out all the way across the finish line • Run efficiently using the correct technique • Slightly lean body forward when they run, while swinging their arms in a straight line from the shoulder • Complete the Edstart Champions 100m and 200m sprint
3 To throw a number of different athletic pieces of equipment	**Children can:** • Accurately throw a variety of athletic equipment for distance • Change techniques depending on what equipment they are throwing but know how to use the basic principles of throwing • Understand to transfer their body weight from back to front to generate more power when throwing • Complete the Edstart Champions javelin and discus
4 To jump for distance using a variety of techniques and footwork patterns	**Children can:** • Understand the basics of jumping and landing • Use the upper body to gain distance on the jump • 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:** • Understand that when running for distance they have to pace themselves in order to complete the distance set • Give a last push to the finish line in the closing stages • 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)

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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**.