

EDSTART KNOW

- I can explain how to combine running, jumping, throwing, and catching techniques with control.
- I can describe the correct technique for different athletic events such as sprinting, jumping, and throwing.
- I can understand how to analyse my performance and make improvements to achieve better results.

EDSTART GO

- I can use a range of running, jumping, throwing, and catching techniques with control and accuracy.
- I can apply my knowledge of correct form and technique to improve performance in each event.
- I can confidently perform fundamental movement skills across a variety of athletic activities.

EDSTART SHOW

- I can demonstrate coordination, strength, and focus when performing in athletic events.
- I can compare my performance with previous attempts and identify ways to improve.
- I can show determination, effort, and sportsmanship while competing to achieve my personal best.

Key Vocabulary

**speed, endurance,
technique, accuracy,
stamina, consistency,
performance, power**

Role Models



**Katarina
Johnson-Thompson**
GB Olympic
Heptathlete



Eilish McColgan
GB Middle
Distance Runner

What do we know about athletics?

Athletics is the foundation of most sports, combining running, jumping, and throwing disciplines that test speed, strength, and endurance. The first recorded athletics competitions were held in ancient Greece, forming the core of the original Olympic Games in 776 BC.

Events are split into track (sprints, hurdles, relays, middle and long distance) and field (throws and jumps). Elite athletes rely on biomechanical efficiency, psychological resilience, and strategic race planning to achieve marginal gains — fractions of a second or centimetre often separating champions.

In Year 5 we learnt

- to show good reaction times and can identify an effective sprint start.
- to show a developed running technique for sprinting, showing good co-ordination and control.
- to demonstrate good control & co-ordination when performing jumping activities.