COMPETING EDSTART

Year 4 - Development of Athletics
Unit of Work

Pupils will be taught...

Overall Learning Outcomes (Endpoints)

Children can:

- **Change direction quickly**
- **Run efficiently using the correct technique**
- **Accurately throw a small piece 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**

Learning Objective | Learning Outcomes

1 To develop speed, agility and quickness drills

Children can:
- Change direction quickly
- Work on being more agile when running and turning
- Start to understand the correct footwork needed when running
- Complete the Edstart Champions 20m agility sprint and speed bounce

2 To develop the sprint technique from a starting position

Children can:
- Know how to sprint start
- Understand to run flat out all the way across the finish line
- 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 develop throwing small pieces of athletic equipment for distance

Children can:
- Throw a variety of small athletic pieces of equipment for distance
- 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 develop jumping for distance using a set footwork pattern

Children can:
- Understand the basics of jumping and landing
- Use their upper body to gain distance on the jump
- Jump for distance when using a two footed jump approach
- Complete the Edstart Champions long, triple and high jumps

5 To develop running for distance

Children can:
- Understand that when running for distance they have to pace themselves in order to complete the distance set
- Start to demonstrate stamina to maintain a sustained run
- Complete the Edstart Champions 400m long distance race

6 To perform in a Mini 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) • Recognise and name some athletic events and techniques
On Target	• Demonstrates existing basic running, throwing and jumping skills • Shows some control and coordination when running and performing a jump or throw • Can follow step-by-step instructions to learn new techniques with some success • Can work as part of a team
Above Target	• Shows developed running, jumping and throwing skills • Demonstrates increasing control and coordination when running, jumping or throwing • Can identify aspects of how a skill has been performed • Can copy actions to learn new techniques with some accuracy, control and fluency • Combines new skills and techniques with increasing success when participating in running, throwing and jumping events
Excelling	• Competes/demonstrates an ability to compete at an elite level • Shows control, power, fluency, and coordination when running or performing a jump or throw • Shows excellent leadership qualities and communication when working within a group • Can identify areas of improvement within their own and others' techniques and offers advice

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**.