



P.E.	Athletics	Year 6	Term: 3
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Skills	Y6 Skills
<p><b>Running:</b></p> <p>action to move quickly with the correct technique using arms and legs as effectively as possible</p>	<ul style="list-style-type: none"> <li>refine an effective sprinting technique, including reaction time</li> <li>build up speed quickly for a sprint finish</li> <li>run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern</li> <li>accelerate to pass other competitors</li> <li>work as a team to competitively perform a relay</li> <li>select the most appropriate pace for different distances and different parts of the run</li> <li>demonstrate endurance and stamina over longer distances in order to maintain a sustained run</li> </ul>
<p><b>Jumping:</b></p> <p>the technique to propel the body into the air to either cover distance, height or both</p>	<ul style="list-style-type: none"> <li>develop the technique for the standing vertical jump</li> <li>maintain control at each of the different stages of the triple jump</li> <li>land safely and with control</li> <li>improve jumping techniques for height and distance</li> <li>support others in improving their performance</li> <li>set up and lead jumping activities including measuring the jumps with confidence and accuracy</li> </ul>
<p><b>Throwing:</b></p> <p>the ability to propel an object through the air as far as possible</p>	<ul style="list-style-type: none"> <li>perform a heave throw</li> <li>measure and record the distance of throws</li> <li>continue to develop techniques to throw for increased distance and support others in improving personal best</li> <li>refine techniques to throw for accuracy</li> </ul>
<p><b>Key Vocabulary</b></p> <p>stride technique vertical jump take off flight triple jump endurance reaction time relay baton heave throw hammer</p>	
<p><b>Famous Athletes:</b>                  Jessica Ennis-Hill                  Michael Johnson                  Steve Backley                  Greg Rutherford</p>	<p><b>Equipment:</b>                  running track discus hoops beanbags balls long jump mat</p>