



PE – Athletics – Year 5/6

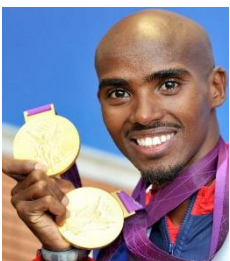
Key Learning

1. To build a variety of running techniques and use them with confidence.
2. To know to perform a running (hop, step & jump) & standing jump with accuracy and confidence.
3. To throw and catch with accuracy and confidence.
4. To use a baton successfully with the correct technique in relay events.

Vocabulary

Sprint	A short-distance race where the goal is to run as fast as possible, typically 100m, 200m, or 400m.
Relay	A team running event where each athlete runs a portion of the race and passes a baton to the next runner.
Jump	An explosive movement using leg power to leap into the air, used in events like long jump or high jump.
Throw	A skill involving strength and technique to launch an object like a shot put, javelin, or discus as far as possible.
Warm Up	A series of light exercises and stretches done before activity to prepare the body and reduce the risk of injury.
Take Off	The point in a jump when an athlete pushes off the ground to begin their flight phase.
Race	A timed event where athletes compete to complete a distance the fastest, such as a sprint or long-distance run.
Grip	The correct way to hold a throwing implement (like a javelin) to maximize control and distance.
Push	A forceful forward movement using the arms and upper body, such as in the chest push or shot put.
Run Up	A controlled approach run that builds speed and momentum before throwing or jumping, essential in events like javelin or long jump.

Key Athletes



Sir Mo Farah

Mo Farah is a British long-distance runner, a four-time Olympic gold medallist, known for his dominance in the 5,000m and 10,000m track events.

Christine Ohuruogu

Christine Ohuruogu is a British Olympic gold medallist and World Champion in the 400m, known for her powerful finishes and remarkable consistency on the track.



PUSH

