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| **Goonhavern Primary School** |
| **TOPIC: PE** | **YEAR: 4** | **STRAND: Athletics**  |

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| **What should I know already?** | **What will I know by the end of the unit?** |
| -Focus on their arm and leg action to improve their sprinting technique. -Begin to combine running with jumping over hurdles. -Focus on trail leg and lead leg action when running over hurdles. -Understand the importance of adjusting running pace to suit the distance being run.-Use one and two feet to take off and to land with. -Develop an effective take-off for the standing long jump. -Develop an effective flight phase for the standing long jump. -Land safely and with control -Throw with greater control and accuracy. -Show increasing control in their overarm throw. -Perform a push throw. Continue to develop techniques to throw for increased distance.  | How to confidently demonstrate an improved technique for sprinting.  |
| How to carry out an effective sprint finish.  |
| To perform a relay, focusing on the baton changeover technique.  |
| How to speed up and slow down smoothly |
| How to learn how to combine a hop, step and jump to perform the standing triple jump.  |
| How to land safely and with control. |
| How to begin to measure the distance jumped.  |
| How to perform a pull throw.  |
| How to measure the distance of their throws.  |
| Continue to develop techniques to throw for increased distance.  |
| **School Values** |
| **Five Ways to Wellbeing** |

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| **Vocabulary**  |
| Sprint | Faster speed than a run  |
| Hurdles | Barriers to jump over  |
| Trail leg  | Leg that goes last |
| Lead leg  | Leg that goes first  |
| Pace | The speed you are moving  |
| Take off | How you begin a jump  |
| Flight phase | What happens whilst you are in the air  |
| Push throw  | Where the ball is pushed away from your chest  |
| Triple Jump | A jump that combines a hop, step and jump  |
| Pull Throw  | When arm is pulled back to maximise strength in the throw  |

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| **Image/diagram that helps me to articulate my knowledge/understanding**  | **Investigate!** |
|  | Practise activities leading up to Sport’s Day Throwing Games: <https://www.sportaus.gov.au/__data/assets/pdf_file/0006/703941/How-high.pdf> <https://www.sportaus.gov.au/__data/assets/pdf_file/0011/703955/long-throw.pdf> Running/Relay<https://www.sportaus.gov.au/__data/assets/pdf_file/0003/703929/Get-the-bean-bag.pdf>  |