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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> |