

KNOWLEDGE

Competent learner

Confidently demonstrate creativity in their work with control
Demonstrate how strategies and tactics can improve their work
Demonstrate improvements to their work
Perform fundamental movement skills in a range of activities
Understanding of effective leadership

Active & healthy learner

Describe why physical activity is good for health and well being
Recognise and describe how their body feels during and after activities
Understand how to remain active for sustained periods of time

Reflective learner

Describe, explain and comment on their own and others' actions and feelings
Make judgements to improve their and others' work
Respond to set tasks following rules and expectations

Engaged learner

Demonstrate enthusiasm for PE
Effectively communicate and collaborate with each other
Understand the principles and purpose of preparing effectively for PE and sport
Work independently for extended periods of time without the need for guidance

Disciplined Learner

Demonstrate a positive attitude to all activities and be respectful towards others
Follow rules and listen well to all instructions
Stay on task and be attentive in all activities
Show kindness and consideration when working with others

SKILLS

Outdoor Track Events:

Running – How long will it take you to finish?

Long Distance:

- Pacing yourself, cannot sprint for the full race
- Start of the race important; if you start too quickly you may not finish
- No lanes to stay in

Sprint Races:

- Ran in lanes, if left, disqualified from the race
- Complete the race as fast as you can
- Accelerate at the start from a standing position

1. Stronger leg at the front with a bend at the knee
2. Opposite arm to leading leg raised in front with a bend at the elbow
3. Lean slightly forwards with eyes looking straight throughout the race
4. Dip head forward as you finish to cross the line quicker

Hurdles:

- Ran in lanes and involve jumping over hurdles throughout the race
- Involves a mixture of sprinting and slight slowing in pace when approaching and jumping over hurdles
- Complete the race as fast as you can

Relay Race:

- Team race using a baton
- Each runner takes turns to run, holding the same baton
- Run as fast as you can, but be careful when passing the baton

Outdoor Field Events:

Throwing – How far can you throw? Can you measure your distance?

Howler/Javelin:

- Overarm action used to throw as far as you can

Jumping – How far can you jump? Can you measure your distance?

Standing Long Jump:

- Two footed jump landing on both feet

Indoor Track & Field Events:

Running

Lap Running

- Runners start in the middle of 2 reversboards or cones, distanced accordingly.
- Runner will run to first board, to the other end to the 2nd board and return to the middle when 1 lap is counted.

Throwing

Chest Push

- Hold a basketball or heavy ball in both hands against chest
- Push the ball as hard as you can, aiming slightly upwards

Jumping

Vertical Jump

- Jump as high as you can, reaching up to gain extra height

Speed Bounce – how many can you do in 30 seconds?

- 2 footed side jumps over a shin high barrier

Year 4 | Athletics

KEY VOCABULARY	ASSESSMENT
Assessment areas	Expected
Demonstrate creativity	Are inventive with their own movements and actions and gain an advantage
Strategies and tactics	Identify and implement changes to performance that gain an advantage over their opponent
Improvements to work	Review and implement changes to better their performance without prompt or guidance
Fundamental Movement Skills	Can sequence a series of movements with consistent control
Understanding of effective leadership	Can suggest characteristics of an effective leader and explain why it is important and how it benefits the team
Health and wellbeing	Have an awareness of the multi-dimensional elements (physical, social, emotional) and comment on their importance
Changes to the body	Understand sweat is heat escaping the body and the build-up of lactic acid in their muscles
Remain active	Reference managing energy levels accordingly and external factors such as diet, sleep and hydration
Actions and feelings	Demonstrate respect and fair play by shaking hands and congratulating others when on the losing team
Make judgements to improve their and others' work	Identify relevant changes to apply to their work and others that would improve performance, without prompt
Rules and expectations	Follow rules in activities and reinforce to others. Begin to officiate own activities with little guidance
Enthusiasm for PE	Show an interest and enjoyment in lessons and reflect positively, celebrating successes
Communicate and collaborate	Work sensibly with who they are partnered or grouped with, despite friendships or abilities
Preparation for PE and Sport	Show accountability of having correct kit and take ownership of own preparation (remove watches/jewellery, have medication ready)
Work independently	Keep an activity flowing and resolve any conflict, without adult supervision
Positive attitude and respect	Do not allow own preferences on activity choice, activity results or incidents influence their behaviour or manner to others
Following rules and instruction	Ignore any distractions and influence others to do the same
Stay on task	Do not allow own preferences on activity choice, activity results or incidents influence their participation
Kindness to others	Show understanding and encouragement when someone makes a mistake
Additional key vocabulary	Definition
Lanes	The narrow area you must stay inside of when running a race
Disqualified	Not allowed to finish race or be counted in the finishing order
Hurdles	Equipment jumped over in a race – height adjusted in accordance with age/standard of runners. No disqualification if touched
Baton	An object held by runners that if dropped, the team are disqualified
Acceleration	Ability to gain instant speed from a still position
Pacing yourself	Making sure you use your energy wisely and saving enough to finish

