

KNOWLEDGE

Competent learner

- Demonstrate effective leadership
- Demonstrate improvements to their work
- Demonstrate originality, imagination and creativity in techniques, tactics and choreography
- Perform and link skills with control and consistency
- Perform/complete fundamental sports skills with control

Active & healthy learner:

- Clearly understand how personal fitness can improve performance
- Demonstrate sustained levels of fitness
- Remain active for sustained periods of time

Reflective learner

- Consistently improve their work
- Describe and comment on their own and others' performance with accuracy of actions
- Know what has made their performance effective

Engaged learner

- Compete respectfully and fairly following rules
- Eagerly participate in every PE/Sport lesson displaying excellent sporting attitudes
- Effectively communicate and collaborate with each other
- Work independently for extended periods of time without the need for guidance

Disciplined Learner

- Demonstrate self-discipline in all tasks
- Show a positive attitude throughout the lesson
- Be kind, respectful and considerate when working with others
- Show support for their peers
- Take responsibility for their own behaviour

SKILLS

Outdoor Track Events

Running – Refining technique, Qualifying heats & Placing for medals

Long Distance:

-Must pace yourself but still need to run as fast as you can to finish as quickly as possible

Sprint Races:

-Run as fast as you can for the full race, remembering to keep going a little after the finish line to make sure you cross it at your quickest speed

Hurdles:

-Keeping a consistent stride will help in jumping over the hurdles without disrupting your rhythm

Relay Race:

-The changeover is vital to completing this race.

-As runner 1 is approaching runner 2, runner 2 needs to begin to run so the baton is exchanged whilst both runners are on the move. This allows runner 2 to get to top speed quicker

Outdoor Field Events

Throwing – Refining technique, Qualifying heats & Placing for medals

Howler/Javelin:

-A straight or bent arm action can be used.

-Follow through the throw by continuing arm pull and hip rotation

Jumping – Refining technique, Qualifying heats & Placing for medals

Long Jump:

-Usually done in a sand pit, athletes will have a run up before take-off

-Leading foot must not cross the take-off board (line)

-When landing, allow a landing on 1 leg (will appear as a leap) for safety purposes and measure from first contact with the floor.

Indoor Track & Field Events

Running - Refining technique, Qualifying heats & Placing for medals

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 - Refining technique, Qualifying heats & Placing for medals

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 - Refining technique, Qualifying heats & Placing for medals

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

Standing Triple Jump

-Hop, skip and jump – landing on both feet to finish

KEY VOCABULARY	ASSESSMENT
Assessment areas	Expected
Effective leadership	Take charge demonstrating respect, encouragement and effective communication skills to own team and model etiquette such as hand shaking and congratulations to opposition
Improvements to their work	Show noticeable progress in performing actions and decision making, reflecting on how they have improved since the start of the topic
Creativity and imagination	Are inventive with their tactics individually and in a team with consistent success compared to their previous performance
Skill control and consistency	Clear intent when sending, receiving and shooting with consistent control and accuracy
Fundamental Sport Skills	Consistent control and intent when performing skills in different sports
Personal fitness	Can relate to strength, flexibility and stamina and discuss how to improve these attributes
Demonstrate sustained levels of fitness	Reference managing energy levels accordingly and give examples for external factors such as diet, sleep and hydration
Consistently improve	Have shown clear progress from the start of the topic to the end
Comment on own and others' performance	Provide specific feedback and offer technical guidance to support, without prompt
Know effective performance	Are able to apply effective strategies and tactics across different sports
Compete respectfully and fairly	Maintain respect and fair play when an activity is officiated by a peer and promote respecting the official
Sporting attitude	Are an active role model and inspire others to want to achieve
Communicate and collaborate	Actively encourage and motivate all in group/team, despite friendships or ability
Work independently	Keep an activity flowing with a designated referee in place, resolving any conflict when needed
Self-discipline	Find the positive in every situation
Positive attitude	Embrace and welcome change and trying new things
Consideration for others	Offer support to opposing players if they make a mistake
Supporting peers	Demonstrate perseverance and positive attitude if losing
Taking responsibility	Do not blame others for any incidents involving self and others
Additional key vocabulary	Definition
Refining technique	Removing errors in technique to improve overall performance
Qualifying heats	A contest in which the winner progresses to the final contest
Placing for medals	The first 3 to finish receive a medal – 1st Gold, 2nd Silver, 3rd Bronze
Changeover	Passing the baton to the next runner
Follow through	Continuing an action or movement to aid accuracy and power
Take off board	The point where a long jumper must take off, but not cross the line

Explosive power

Force generated to make your body jump