

# Year 4: Athletics

Summer 2

## Sequence of learning:

Practice and refine running at speed

To use running to increase the distance of jumps

To practice the sling technique for discuss throws

To perform and analyse a baton change

Challenge self to improve scores using appropriate techniques

## Final Outcome:

To compete in a sports day

## National Curriculum Key Skills:

- Run at fast, medium and slow speeds, changing speed and direction?
- Link running and jumping activities with some fluency, control and consistency?
- Make up and repeat a short sequence of linked jumps?
- Take part in a relay activity, remembering when to run and what to do?
- Throw a variety of objects, changing their action for accuracy and distance?

## Key Vocabulary:

Track, force, distance, curve, accelerate, hurdles, foam javelins, vortex, howler, bounce, target, take off, sling, exchange, accuracy.

**Equipment:** A variety of balls, hoops, beanbags, quoits, throwdown markers, foam javelins, stopwatch, measuring tape, skipping ropes, low hurdles, foam discuss.

## Key Questions:

How can you change pace from slow to fast?

How can you make sure you take off at a specified point?

How does using your legs help you to throw further?

How can you help each other make a successful baton pass?

Did you manage to improve your scores?

