



All Saints CE Primary School and Nursery  
Medium Term Planning

Class teacher: Mrs Seaman Year group: 4 Term: Summer 2

Subject: PE- Athletics



Lesson	Learning Goal (L.G.)	Brief outline of lesson content (or where this can be found/unit found in, if for example it is a published scheme such as Science, Kapow French or Music, Purple Mash computing)	Key Vocabulary covered
1	LG: challenge ourselves in running, jumping and throwing tasks	The PE hub, Year 4 Athletics, Lesson 1	Run, jump, throw, agility, power, speed, track, force, distance, curve, accelerate, hurdles, foam javelins, vortex howler, bounce, target, take off, sling, exchange, accuracy
2	LG: Accelerate over short distances	The PE hub, Year 4 Athletics, Lesson 2	
3	LG: Run and jump using a one-footed take-off	The PE hub, Year 4 Athletics, Lesson 3	
4	LG: Use a ling action to throw a discus	The PE hub, Year 4 Athletics, Lesson 4	
5	LG: Run on a curve and exchange a baton in our team	The PE hub, Year 4 Athletics, Lesson 5	
6	LG: Apple skills learnt in a competitive way.	The PE hub, Year 4 Athletics, Lesson 6	