



All Saints CE Primary School and Nursery

Medium Term Planning



Class teacher: Lisa Edwards Year group: 6 Term: Summer 2 Subject: Athletics

Lesson	SKILLS Based 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)	Key Vocabulary covered
1	L.G.: I can use the sprint start technique to increase my running speed	PE Hub Athletics lesson 1 How does a crouched start create more power?	Crouch start, power, sprint
2	L.G.: I know the three phases of triple jump	PE Hub Athletics lesson 2 What is the objective of triple jump?	Hop phase, step phase, jump phase, dominant foot
3	L.G.: I can use the heave throw and know when it is used	PE Hub Athletics lesson 3 Why do you think the heave throw is used?	Heave throw, hinge, straighten, extend
4	L.G.: I can assess my own ability to play my role in parlauuf running	PE Hub Athletics lesson 4 How did you work as a group to organise yourselves?	Communicate, fitness, running technique
5	L.G.: I can learn the scissor jump technique	PE Hub Athletics lesson 4 Why do you think this technique is used?	Lead leg, take off foot, angled approach
6	L.G.: I can record my results in filed and track events	PE Hub Athletics lesson 5 Why is it important to record scores accurately?	As previous lessons. Scores, observe, feedback

7	L.G.: I can use the Indian Dribble and play competitively using new skills	PE Hub Athletics lesson 6 When would you use the Indian Dribble in a game situation?	Dribble, control, shoot, slap or push, long corner, defender, attacker, position, mark, banana run, hit out
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