



## Jerry Clay Academy Subject Unit Overview

**Subject:** PE – Athletics

**Year Group:** Year 4

**Term:** Summer 1

### **Core Learning of This Unit:**

- Understand and demonstrate the difference between sprinting and running for sustained periods.
- Know, demonstrate and explain a range of throwing techniques and identify the differences between them.
- Consistently throw with accuracy into a target area.
- Perform a range of jumps, showing consistent techniques and sometimes using a run up.
- Explain how different types of activity relate to different heart rates and body temperatures.
- Compare, contrast and evaluate performances using appropriate language.

### **Prior Learning:**

- Understand and demonstrate the difference between sprinting and running.
- Know and demonstrate some throwing techniques.
- Throw with some accuracy and power into a target area.
- Perform a range of jumps, showing consistent techniques and sometimes using a short run-up.
- Relate different types of activity to different heart rates and body temperatures, and use some of these activities when warming up.
- Compare and contrast performances using appropriate language.

### **National Curriculum Statements:**

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

### **Significant People**



#### **Kelly Holmes**

Dame Kelly Holmes is a retired British middle-distance athlete. Holmes specialised in the 800 metres and 1,500 metres events and won gold medals for both distances at the 2004 Summer Olympics in Athens. She set British records in numerous events.

### **Key Vocabulary:**

- Target
- Accuracy
- Measure
- Obstacles
- Rhythm

