



Jerry Clay Academy Subject Unit Overview

Subject: PE – Athletics

Year Group: Year 5

Term: Summer 1

Core Learning of This Unit:

- Choose the best pace for a running event, so that they can sustain their running and improve on a personal target.
- Show control at take-off in jumping activities.
- Show accuracy and good technique when throwing for distance.
- Organise and manage an athletic event well.
- Understand how stamina and power help people to perform well in different athletic activities.
- Identify good athletic performance and explain why it is good, using agreed criteria.

Prior Learning:

- Understand and demonstrate the difference between sprinting and running for sustained periods.
 - Know and demonstrate a range of throwing techniques.
 - Throw with some accuracy into a target area.
 - Perform a range of jumps, showing consistent techniques and sometimes using a short run up.
 - Play different roles in groups.
 - 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

Neeraj Chopra



Subedar Neeraj Chopra is an Indian track and field athlete who is the reigning Olympic champion in javelin throw. He is the first Indian athlete to set a world record.

Key Vocabulary:

- Sprint
- Distance
- Measure
- Accuracy
- Power
- Stamina