



## Jerry Clay Academy Subject Unit Overview

**Subject:** PE – Athletics

**Year Group:** Year 6

**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, focusing on either distance or speed.
- Consistently show control in jumping activities.
- Show accuracy and good technique whilst throwing.
- Organise and manage an athletic event.
- Understand how stamina and power help people perform well in various athletic activities.
- Identify good athletic performance, explain why it is good and suggest areas for improvement using agreed criteria.

### **Prior Learning:**

- 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.

### **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**



#### **Usain Bolt**

Usain St Leo Bolt, OJ, CD is a Jamaican former sprinter. He is a world record holder in the 100 metres, 200 metres and 4 × 100 metres relay.

### **Key Vocabulary:**

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