

# Year 4 - Athletics - HT1



**Prior Learning:** In year 3, children continued to practice their running technique. They learned the technique of how to throw a javelin and vortex. They recapped the standing long jump and progressed on to the triple jump. They learned the shot put technique, using a tennis/small ball. They learned how to complete a relay change over with a partner. They were also taught how to time sprints and measure their jumps/throws.

## Physical Me

- **Running** - Sprint (50m)  
- Relay
- **Throwing** - Javelin/vortex  
- Shotput
- **Jumping** - Standing long jump  
- Standing Triple jump (**hop, step, jump**)  
- **Striding**
- **Balance, Co-ordination, Power, speed, flexibility, agility**



## Key Skills

### Value Me:

- Perseverance
- Self belief

### Thinking Me

- Recalling information
- Decision making

### Social Me

- Encourage others
- Communication



## Athletic Events

### Track Events:

- 100m sprint
- 200m sprint
- 400m sprint
- 800m middle distance
- 1500m middle distance

### Field events:

- Javelin throw
- Long Jump
- Triple Jump
- Shot put
- Discus
- High Jump

## Key Vocabulary

Technique

Accelerate

Triple Jump

Compete

Change Over

Mini Coaches

Shot put

Baton

Short Distance

## Key Knowledge

**Accelerate (running)** - Acceleration is the transition from standing to top-end speed. This normally takes about 3-4 seconds, from the start of a sprint

**Standing Long Jump**- Jumping two feet to two feet

**Standing Triple jump**- Hop, Step and a Jump

**Shot put** - Event involves pushing rather than throwing the shot (heavy ball)

**Relay**- A relay race is a track event in which athletes run a pre-set distance carrying a baton before passing it onto the next runner. Often, a relay team is a team of four sprinters.

## Inspirational Athletes

### David Weir

David Weir (CBE) is a British Paralympic wheelchair athlete. He has won a total of six gold medals at the 2008 and 2012 Paralympic Games, and has won the London Marathon on eight occasions.

In London 2012, he won four gold medals - the T54 800m, 1500m, 5000m and marathon.



Anything else you have learnt? What have you enjoyed?

I can statements	✓ X
Perform 'FAST' technique confidently when sprinting	
Perform a hop, step and jump (standing triple jump)	
Develop running for distance In warm ups, increasing with each lesson	
Pass a relay baton with control with a partner in adapted games	
Run and jump over hurdles with some speed and control	
Throw a javelin/vortex with height and distance	