

OBJECTIVES

Children should learn:-

- to increase the number of techniques and develop consistency.
- to choose appropriate techniques for specific events.
- to understand the basic principles of warming-up
- to evaluate their own and other's work and suggest ways to improve it.

UNIT FRAMEWORK

- (a) Warming-up exercises and games.
- (b) Pulse-raising chasing and tag games to develop balance and spatial awareness.
- (c) Developing techniques of:-
 - Drive and speed
 - Throwing styles-push (*shot*)
-sling (*discus*)
 - Jumping-long-(*long jump*)
-combination (*triple jump*)
 - Pull throw (*javelin*)
running over obstacles
 - Running longer distances.
- (d) Working with a partner and small group to count, measure, time and give peer assessment.
- (e) Using a range of equipment and techniques when throwing.
Jumping and adding a short run-up.
Developing rhythm, techniques and speed when running different distances and understanding when to apply them in different situations.
- (f) Working co-operatively in teams to engage in challenges and competitive situations.

EXPECTED LEARNING OUTCOMES

By the end of this unit, children will be able to:-

- sustain their pace over longer distances.
- throw with greater control, accuracy and efficiency.
- perform a range of jumps showing power, control and consistency at both take-off and landing.
- know and understand the basic principles of relay take overs and confidently take part in relay races.
- explain how warming-up can affect performance and perform a range of warm-up activities.
- watch a performance and be able to pick out the main strengths and weaknesses and suggest improvements.