

Year 4 Athletics

National Curriculum objectives

Develop flexibility, strength, technique, control and balance

Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Key Learning

- Communicate as a team to make relay changeovers. Improving running technique including the sprint finish and maintaining sprint pace.
- Can challenge self to jump for distance including measuring performance
- Jumping for height including high over obstacles
- Sprinting, challenge self and recording performance
- Throw for distance challenging self and recording performance. Using overhead heave and fling throw.

Equipment

- Basketballs
- Chalk
- Cones
- Foam javelins
- Hurdles
- Pencils
- Ribbons
- Beanbags
- Clipboards
- Flat markers
- Hoops
- Mats
- Relay batons
- Scoresheets - Optional pupil self-recording (PDF)
- Small heavy balls for the shot put
- Soft javelins
- Stopwatches
- Skipping ropes
- Soft discuses
- Speed bounce mats or low-level hurdles

Key Vocabulary

Assessment: Judging or deciding the amount, value, quality, or importance of something

Changeover: In a relay race, where the baton is passed from one runner to the next.

Communication: Speaking and listening to share ideas with your team-mates.

Discus: A heavy thick-centred disc thrown by an athlete.

Fling: To throw forcefully.

Hammer: A weighted ball attached to a wire for throwing in an athletic contest.

Heats: Races which are part of a competition. The winners of the heats compete in the next round of events.

Javelin: A light foam spear-shape thrown over a distance.

Maintaining pace: Keeping a steady speed. Neither speeding up nor slowing down.

Relays: When runners take turns and pass something to each other on the way to the finish.

Scissor jump: A jump in which the legs move in a scissor-like way to the front and behind rather than side-to-side.

Shot put: A heavy ball which is thrown as far as possible.

Speed bounce: A two-footed tuck jump over a hurdle.

Sprint finish: To speed up towards the finish line and finish at the highest speed possible.

Sprinting: Running at full speed over a short distance.

Teamwork: Working together and supporting other members of your team in a game.

Technique: A skilful way that you can learn to do something.

Vertical jump: A jump in which you jump up and reach to touch a wall as high as you can.

Key Questions

For your chest to cross the line first, what position should you run in?

What is important to jump safely?

How did you find that activity – easy or hard?

Which type of throw feels most unusual?

Safety

- Remove all jewellery including earrings
- Long hair must be tied back
- Wear suitable footwear
- Use correct techniques
- Complete a warm-up and cool-down