

Y5 and 6: Athletics
What does it take
to become an
Olympian?

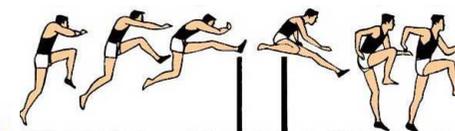
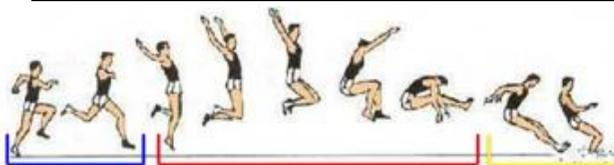
Headteacher: Mr M Grogan



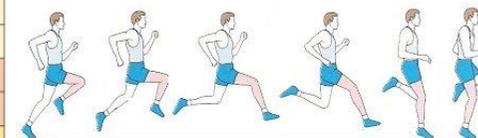
St George's Central CE Primary School and Nursery

Key Words	Definition
Take off	Leaving the ground for a jump. Children should be aware of correct technique.
Propulsion	The action of driving forward and the following technique whilst driving through the air.
Landing	Coming back down to ground, using the correct technique for height/distance and safety.
Push technique	The technique used in a throw to drive an object through the air.
Athlete	A person taking part in athletics, incorporating skill but also attitude and lifestyle. All children can be athletes!
Attitude	A person's way of thinking. Children should be encouraged to think positively.
Handover	The change over in a relay race.

	Jump for distance	Jump for height
Preparation	Ankles, knees and hips all bend	Ankles, knees and hips all bend
	Eyes are focused forward	Head is up, trunk upright
	Arms swing behind body	Arms swing behind body
Propulsion	Legs straighten when leaving ground	Legs forcefully extend
	Arms swing forward and upward	Arms swing forward and upward
Landing	Remain in flexed position	Ankles, knees and hips bend to absorb impact
	Ankles, knees and hips bend on impact	



Sprint	
Legs	Feet land along a narrow path
	Foot is close to buttocks and high knee lift
Head	Head and trunk are stable
	Eyes are focused forward
Arms	Arms move in opposition to legs
	Arms drive vigorously forward and backward



Assessment Focus

- Combine running and jumping
- Show control when taking off/ landing
- develop flexibility, strength, technique, control and balance

Coaching Points
Space – Differentiation can be achieved by reducing or enlarging the space available to work in.
Equipment – Try using equipment to strengthen technique e.g. balancing a bean bag on head whilst jogging to improve posture. For jumping, use objects with a range of heights/ distances.
Activity – Many of the techniques used can be taught through games or in warm up exercises. Point out good examples during activities such as dishes and cones or bean bag capture.



Never settle for less than your best'

Jesus said, 'I am the light of the world. Whoever follows Me will not walk in darkness, but will have the light of life.' John 8:12