

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

Headteacher: Mr M Grogan



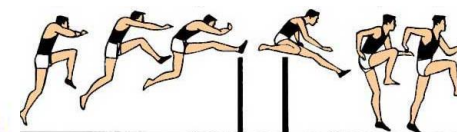
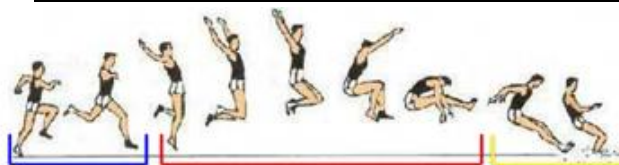
## St George's Central CE Primary School and Nursery

| 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.                                                                                      |

### Assessment Focus

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

|             | 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   |



| 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.       |

### Mental proficiency

Children need to be taught about positive mental attitudes and lifestyle changes that will improve their skill and overall health.

**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