



PE Topic Journey Overview Y4

Y4 PE Topic: Athletics

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<p>Lesson 1 Key Skills: To show good posture when running for speed, demonstrate a variety of jumping styles</p> <p>Activities:</p> <ol style="list-style-type: none">1) Get into gear: Moving around area at 4 speeds 1-walking, 2-jogging, 3-striding, 4-sprinting2) Shuttle runs: In pairs, children set out 2 cones, 10 strides apart. Count each other on sprints between the cones for 10 seconds3) Jumping styles: small groups of 4 using mats with cones as small barrier, children speed jump/bounce over the barrier; vary forwards, backwards, sideways, one foot to other foot, same foot etc.4) Group race: Sprint relay <p>Outcomes: Children to show technique when running for speed and are able to perform a variety of jumps</p>	<p>Lesson 2 Key Skills: Sprinting over short distances, two-handed push throw</p> <p>Activities:</p> <ol style="list-style-type: none">1) Running tall: Children jog around the area at pace suggested by teacher. On command of 'run high', children assume a tall body position as they run2) Around the World: 4 points marked out such as N,E,S,W. children start in middle and sprint to whichever point is called out3) Push it, bounce it: Using large balls such as netballs, children push pass the ball to each other, gradually increasing the distance4) Sprint runs : using field, children to race in groups of 4 down the running track <p>Outcomes: Children to improve reactive sprinting and to demonstrate a two-handed push throw</p>	<p>Lesson 3 Key Skills: To jump for height from standing position, to demonstrate a single handed push throw</p> <p>Activities:</p> <ol style="list-style-type: none">1) Shark tag: Divide group into sharks and sailors. Ship in middle to contain sailors. 4 islands around area. On command shark abandon ship, all sailors must leave ship and avoid being tagged by sharks2) Target jump: Groups of 4 of similar heights, Target strip placed on wall starting from height of 0 where they can all reach when standing. In turn from standing children jump to try and touch the strip as high up as possible3) Sit, kneel, stand: From the various positions, children practice a throw with a bean-bag. Emphasis on push throw driving through from bent to straight arm position (as in shot putt)4) Dice run relay: 4 teams of approx 8. Dice is rolled which shows how many of team run in a relay. Runners go to back of line after run so different runners at front each time. <p>Outcomes: Children to be able to jump for height from standing position, demonstrate push throw</p>
<p>Lesson 4 Key Skills: To run with good rhythm over obstacles, long-jump from standing start</p> <p>Activities:</p> <ol style="list-style-type: none">1) Get into gear: Moving around area at 4 speeds 1-walking, 2-jogging, 3-striding, 4-sprinting2) Hurdle running: Set out 3-5 lines of mini-hurdles(can be just cones). Include approx 7m at start to get speed up, then place at regular intervals. Each line should be different spacing. Children to work at one particular line, then swap3) Head, shoulders, knees and toes: Groups of approx 4 of similar height. Chalk draw around one person. Children then try to jump over chalk drawing of that person from a standing start.4) Group race: Hurdle relay race <p>Outcomes: Children to run and hurdle with control and speed. Children practice long-jumping from standing start.</p>	<p>Lesson 5 Key Skills: To refine running over hurdles with co-ordination, using a 1-handed pull throw (howler/javelin throwing)</p> <p>Activities:</p> <ol style="list-style-type: none">1) Around the World: 4 points marked out such as N,E,S,W. children start in middle and sprint to whichever point is called out2) Hurdle running: As last week, set out 3-5 lines of mini-hurdles(can be just cones). Include approx 7m at start to get speed up, then place at regular intervals. Each line should be different spacing. Children to work at one particular line, then swap3) Shark infested water: Children in approx 4 groups lined up, person at front of each line with howler/javelin/ball. On command throw, players run to marked line, throw and wait behind the line until call of collect. Move onto next player in each group4) Group race: Hurdle relay race <p>Outcomes: Children to improve hurdle technique and learn that in a throwing activity such as javelin they must remain behind the line</p>	<p>Lesson 6 Key Skills: To run, then jump from one foot to two feet (long jump), to use a range of throwing techniques, both push and pull</p> <p>Activities:</p> <ol style="list-style-type: none">1) Shark tag: Divide group into sharks and sailors. Ship in middle to contain sailors. 4 islands around area. On command shark abandon ship, all sailors must leave ship and avoid being tagged by sharks2) Run and jump: In small groups(2,3 or 4) children use cones to mark out a starting point for their jump and a short run. One at a time practice the 1-footed to 2-footed landing jump. Mark best distance jumped and try to improve.3) Rainbow throw: Put different coloured pieces of paper as targets on a wall at range of heights. Cones in a line in front of targets Children start at particular colour and try to hit target from nearest cone. When they hit, move back a cone. Attempt different types of throw4) Cross country relay: use specified area of school field and playground to run longer distance laps <p>Outcomes: Children to perform a long jump, use a range of different throws to hit a target</p>
<p>Resources: cones, tags, bean-bags, netballs, tennis balls, howlers, foam javelins, target strips (high jump), coloured paper for wall throwing targets, chalk, dice, relay batons, mats, hurdles</p>	<p>After school club</p>	<p>Out of school links</p>