



# PE Topic Journey Overview Y6

Y6 PE Topic: Athletics

# PE Topic: Y5/6 Athletics

**Lesson 1**  
Key Skills: To show quick reactions, jumping for distance from one foot to two feet

**Activities:**

- 1) Chase the tail: tuck band into waist band, chase others and if caught, put band into own waist band, max of 2, any extras gained go in hoop. If player has no band, take one from hoop to join back in.
- 2) Quick start: children in groups of 4. Set up 2 cones as start and finish. One player is starter who calls on your marks, set, go. Players start from various positions: lying down, kneeling, sitting etc. Change role of starter
- 3) How far now: mark a jumping line and use a mat for landing if on hard surface. Children start with one step up to line before jump, progress to 3 and 5 steps
- 4) Group race: Sprint relay

**Outcomes:** Children to react quickly to instructions, improve distances jumped

**Lesson 2**  
Key Skills: To show acceleration from stationary point, to throw with a controlled pulling action

**Activities:**

- 1) Rock, paper, scissors: children in pairs 10m apart marked by cones. Stand in middle facing each other. Play rock, paper, scissors. Winner chases partner to cone. Change partners
- 2) Getting Faster: Groups of 4/5. Set out cones every 10m to show 4 zones: walking, jogging, striding, sprint. Go through sequence several times
- 3) Step Back: Children in pairs of similar throwing ability. Stand opposite each other placing cones approx 10m apart. Throw ball with pulling action. Move cone one step back if throw reaches partner
- 4) Sprint runs : using field, children to race in groups of 4 down the running track

**Outcomes:** Children to show clear difference between jogging and sprinting, throwing with controlled pull action

**Lesson 3**  
Key Skills: to demonstrate push throws, jumping for distance from one to two feet

**Activities:**

- 1) Ball Relay: Players 3m apart facing each other each pair with a ball. Side skipping down the line while passing to each other. When end of line is reached run back down the outside to start again
- 2) Push Golf: Set out hoops and marker spots course with from 20m-50m between them. Children with bean bag each attempt to get bean bag from spot to hoop in as few throws as possible. NB: must be a push throw (shot putt action)
- 3) How far now: mark a jumping line and use a mat for landing if on hard surface. Children start with one step up to line before jump, progress to 3, 5 and 7 steps
- 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.

**Outcomes:** Children to show push throws and increasing distances with long jump

**Lesson 4**  
Key Skills: To sprint over obstacles with a consistent stride pattern. To use jumping combinations

**Activities:**

- 1) Chase the tail: tuck band into waist band, chase others and if caught, put band into own waist band, max of 2, any extras gained go in hoop. If player has no band, take one from hoop to join back in.
- 2) Sprint and Hurdle: set out different lines with hurdles equally spaced. Each lane to have a different distance between hurdles. Children in groups to practice at the different lines, trying to establish a stride pattern at each : count;1,2,3, over etc
- 3) Spot to spot: using spots, set out single spots for children to hop on and double spots for two footed jump landing
- 4) Group race: Hurdle relay race

**Outcomes:** Children to develop hurdling techniques and move from hop to jump in preparation for triple jump.

**Lesson 5**  
Key Skills: To develop a lead leg preference when hurdling, to practice the sling throw

**Activities:**

- 1) Rock, paper, scissors: children in pairs 10m apart marked by cones. Stand in middle facing each other. Play rock, paper, scissors. Winner chases partner to cone. Change partners
- 2) Which leg: Set up different lines of hurdles equally spaced. Children to practice running through hurdles with same leg take off. Attempt both ways and develop a preference. Look for 3 strides between hurdles
- 3) Hoop sling. Children to develop a sling throw with a rubber hoop(quoit) as used when throwing a discus. Demonstrate technique of straight arm and starting from crouched position. Throw to each other in twos, gradually increasing distance
- 4) Hurdle sprint runs : using field, children to race in groups of 4 down the running track

**Outcomes:** To sprint over hurdles with a clear preference for one leg, to develop a sling throw (discus)

**Lesson 6**  
Key Skills: To demonstrate a heave throw, to perform a triple jump sequence

**Activities:**

- 1) Goal Attack: divide class in half to stand each side of centre line. Markers at back of each team. Players on each team to try and use a forward heave throw to get foam ball behind other team's back line. If balls don't reached they can be heave thrown back.
- 2) Heave throw: In pairs, children to throw with backward heave throw(similar to hammer throw) to each other. Use a range of large balls taking into account space and safety. Try to increase distance thrown.
- 3) Triple Jump: Each group to have 3 coloured spots and a mat. Sequence is:  
1<sup>st</sup> spot: one foot take off  
2<sup>nd</sup> spot: land on take off foot  
3<sup>rd</sup> spot: land on other foot  
Mat: two footed landing  
Start with small spaces between spots and mat before increasing distance as children become more confident with the sequence
- 4) Cross country relay: use specified area of school field and playground to run longer distance laps

**Outcomes:** Children to be able to use a heave throw, children know correct sequence for a triple jump

**Resources:** cones, tags, bean-bags, large balls, tennis balls, dice, relay batons, mats, hurdles, Quoits, marker spots

After school club

Out of school links