



PE- Athletics

Cooperate Compete Commit



Year Group	End Points Substantive Knowledge	Year Group	End Points Substantive Knowledge	Year Group	End Points Substantive Knowledge	Year Group	End Points Substantive Knowledge
3	• Introduce basic running techniques (sprinting & jogging) • Introduce long jump technique (take-off, flight, and landing) • Introduce Javelin throwing technique (grip, stance and follow through) • Refine sprinting (reaction time, quick starts) and introduce agility skills (change of direction) • Introduce basic hurdle technique (clearing and landing) • Develop teamwork (coordination & communication) and baton passing (smooth handover) for relay races • Take part in sports day by consolidating all techniques that have been delivered during PE lessons	4	• Refine sprinting technique and introduce the start position. • Refine long jump technique and measure jump distances. • Introduce shot put technique (grip, stance, release) and recap javelin technique. • Improve hurdle technique and agility by making sure that when jumping over the hurdles the form is correct. • Introduce middle-distance running (200m) and gain an understanding of pacing strategies. • Recap relay race and gain a better understanding of a smooth handover whilst demonstrating teamwork.	5	• Master sprinting starts and baton passing on a straight and curved track. • Refine approach for the long jump and improve take-off. • Introduction to the triple jump technique. • Refine throwing techniques for shot put and javelin. Introduce a run-up before throwing the javelin. • Improve hurdle technique and work on sprinting speed. Focus on taking off and landing with control. • Improve pacing and stamina for middle-distance running. • Refine baton passing and develop relay race strategies within a team.	6	• Perfect sprint starts and baton passing on a straight and curved track. • Perfect long jump run-up and take-off. • Introduce and refine the triple jump technique. • Refine shot put and javelin technique. Refining the footwork for a javelin run up. • Demonstrate the correct hurdle technique and sprint speed for both a straight and curved track. • Enhance pacing and stamina for middle-distance running. • Refine relay baton passing strategy and suggest a variety of tactics within a team. • Take part in sports day by consolidating all techniques that

			• Take part in sports day by consolidating all techniques that have been delivered during PE lessons		• Take part in sports day by consolidating all techniques that have been delivered during PE lessons		have been delivered during PE lessons over the previous six weeks
--	--	--	--	--	--	--	---