



**Years
7 - 11**

**Pathway
1 - 3**

**Term
Summer**

Learning Intention:

- Pupil’s will develop an appropriate running style for different distances.
- Pupil’s will be taught correct jumping techniques.
- To develop an appropriate technique for throwing events.
- Provided with opportunities to compete against other pupils.

N.B. This scheme of work is not for a specified year or age group; the activities suggested vary in difficulty and teachers will select the appropriate ones for their group and differentiate accordingly. Learning within PE utilises spiral learning, so key concepts and skills are retaught each time to counter regression and then to increase difficulty.

Key knowledge that should be learned during this SoW

All

Most

Some

Concept:

- Pupils will experience running different distances.
- Pupils will have the opportunity to jump into the sand pit.
- To use the correct technique to throw a shot put or Javelin.
- Pupils will develop the mindset of a performer in competition, trying to achieve the best score possible.

Knowledge:

- Staying in the correct lane

- Understanding the running

- Analysing performances and

	<p>during a race.</p> <ul style="list-style-type: none"> ● Safety during different events. 	<p>speed changes depending on the distance</p>	<p>suggesting how to improve.</p>
Key Skills:	<ul style="list-style-type: none"> ● Running. ● Throwing ● Jumping 	<ul style="list-style-type: none"> ● Sprinting. ● Holding the shot put/ javelin correctly. ● Running styles. 	<ul style="list-style-type: none"> ● Measuring own throws and jumps. ● Timing running events.
Language and/or communication skills:	<ul style="list-style-type: none"> ● Running ● Javelin ● Shot put ● Discus ● Long jump 	<ul style="list-style-type: none"> ● Endurance ● Sprinting. ● Power. ● Track. 	<ul style="list-style-type: none"> ● Measuring. ● Timing.
Curricular Links	<ul style="list-style-type: none"> ● Literacy (key words). ● Citizenship (helping their peers to improve). ● Science (bodily functions and healthy lifestyle consequences), 		

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| | <ul style="list-style-type: none">• ICT (use of video analysis, looking at the perfect model).• Maths (measuring and timing). |
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