

Prior Learning

Showed controlled movements in response to instructions. Demonstrated agility and speed. Jumped for height and distance. Thrown with speed and power and applied appropriate force.

Unit Focus

Investigate ways of performing running, jumping and throwing activities. Use a variety of equipment to measure, time and compare different styles of runs, jumps and throws.

We are learning...

1. to challenge ourselves in running, jumping and throwing tasks
2. to accelerate over short distances.
3. to run and jump using one-footed take-off.
4. to use a sling action to throw a discus.
5. to run on a curve and exchange a baton in our team
6. to apply the skills we have developed in a competitive way.

Key Questions

1. How did you improve on your scores?
2. Can you name two throwing techniques?
3. Why should you start moving when you receive the baton?

Equipment

A variety of balls, hoops, bean bags, quoits, throw down markers, foam javelins, balloons, stopwatch, measuring tape, skipping ropes, foam discus, quoits, batons.

Vocabulary

Track, force, distance, curve, accelerate, hurdles, foam javelins, vortex howler, bounce, target, take off, sling, exchange, accuracy.

Rules

- Correct use of a stopwatch.
- Where to receive the baton.
- Measure from the throwing line.

Assessment Overview

Head - Decide on ways to improve, run, jumps and throws and implement changes.

Hand – Throw a variety of objects, demonstrating accuracy.

Heart – Work with others to score and record distance and times accurately.

