

OBJECTIVES

- To consolidate and improve the quality and range of the techniques they use.
- To develop their ability to use simple tactics.
- To describe how the body reacts to different types of activity.
- To describe and evaluate the effectiveness of performances.

UNIT FRAMEWORK

- (a) Independent use of mobility exercises.
- (b) Engaging in a variety of pulse-raising running and avoiding games to develop nimble footwork, transference of weight and spatial awareness
- (c) Developing techniques of:-
 - sprinting - use of arms and legs
 - throwing for accuracy
 - jumping for distance
 - running, jumping and throwing comparisons
 - longer distances - endurance
- (d) Working co-operatively with a partner to count, measure, time and give peer assessment.
- (e) Using a range of equipment and targets when throwing. Exploring take-offs and landings, adding a three-step run-up and combining a series of jumps.
Experiencing different speeds and rhythms of running and understanding when to use the most effective one.
- (f) Working together in groups to engage in relays, challenges and problem-solving activities.

EXPECTED LEARNING OUTCOMES

By the end-of this unit most children will be able to:-

- run consistently and smoothly over different distances.
- demonstrate different combinations of jumps.
- throw a range of implements consistently and accurately.
- recognise there are different styles of running, jumping and throwing and that they need to choose the appropriate one for the situation.
- understand about pacing their activity.
- carry out mobility and warm-up activities safely.
- observe and describe specific aspects of running, jumping and throwing styles.