

UKS2 Athletics

In KS2, children will try to beat their personal best through different athletic events including running, jumping and throwing. Children will use javelins and discus and learn how to triple jump.

In this unit children will:

- Compete against themselves and others
- Run in relay races and practice passing a baton
- Hurdle correctly
- Practice discus and javelin throws and learn the correct technique
- Learn how to long jump and triple jump.
- Compete in both sports day and wet Wednesday

Key Questions

What is triple jump?

What is the sequence for triple jump?

Prior Learning

EYFS Running, jumping

KS1: Athletics

Cross Curricular Links

Maths, geography, history, French, Science,
Outdoor Learning

Key Vocabulary

ATHLETE: a trained person in sports who takes part in track and field competitions

Baton - a tube that is passed from one relay race member to another. The runner holding the baton is the current runner for that team in the race.

DISCUS THROW: a sports event of throwing the discus

FALSE START: an invalid start of a race in which one of the competitors starts too early – before the official signal has been given

HURDLES: a series of frames that runners must jump over

JAVELIN THROW: a sports event of throwing the javelin

RELAY: a race of teams of runners passing batons to each other on a team

Sprint- a short running race where acceleration and top speed are important.

Equipment

Foam Javelins, discuss, cones, field,
tape measure

