

Year 6 Athletics

Unit Overview

Year 5/6 Athletics lessons and plans.

Lesson 1



Lesson Objective

To perform running techniques for short and long distances.

To perform a pull and push throw.

Character - Self-motivation - To set myself goals to improve in the run and throw challenge.

Lesson 3



Lesson Objective

To take off and land one foot to two.

To perform a push throw.

To develop running for speed.

Character

Self-motivation - To set a goal and be committed to practice to improve my performance.

Lesson 5



Lesson Objective

To take off and land using a hop, step and jump.

To perform a heave throw.

To develop running techniques.

Character

Determination - To show willpower when performing skills I find difficult and not give up but keep trying.

Lesson 2



Lesson Objective

To take off and land one foot to one foot (same and other).

To perform a pull throw.

To develop running for a distance.

Character

Self-motivation - To practise to improve my throwing and jumping skills.

Lesson 4



Lesson Objective

To take off and land using a combination of jumps.

To perform a sling throw.

To develop running techniques at different speeds.

Character

Determination - To show willpower when performing skills I find difficult and not give up but keep trying.

Lesson 6



Lesson Objective

To take part in an athletics event and record times and distances.

Character

Self-motivation - To try to be the best I can be in the challenges.