



# Welwyn St Mary's Primary School Believe and Achieve



## Year 5 and 6 indoor athletics

### Key Knowledge

Learn these key facts—key points in red



#### Jumping

Long jump—two foot-  
ed single jump for-  
ward.



Triple Jump—hop,  
step and jump (single footed jumps)



Vertical  
jump—  
how high  
can  
jump?

Speed Bounce—  
in 20 seconds  
how many 2  
footed side to  
side jumps can  
you do?



#### Throwing

Chest push—using a  
basketball—try to  
send it as far as pos-  
sible.



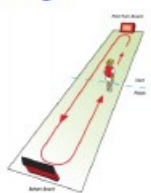
Overarm Throw—shuttlecock /  
foam javelin used.

How far can you throw it?



#### Running

Running starts  
in the middle of  
the hall goes to  
one end then  
the other and  
back to the  
middle (1 lap) -  
sometimes obstacles are on the  
track too. Individual or as a team



### Key Vocabulary

Understand these key words

Word	Definition
<b>Officiate</b>	To assist running events by applying rules
<b>Analysis</b>	Be able to look at performance and suggest improvements.
<b>Technique</b>	Understand the set of actions required for each activity.
<b>Relay Changeover</b>	How the baton is passed from one runner to the next.
<b>Agility</b>	The ability to speed up / slow down and change direction.
<b>Finishing line</b>	The point at which the timer stops—You DO NOT STOP HERE!
<b>Obstacle</b>	An object such as a hurdle, post, tunnel or speed bounce.
<b>Consistency</b>	Being able to perform the same skill accurately repetitively.
<b>Speed Endurance</b>	Keep going at top speed for a prolonged time.
<b>Explosive Power</b>	Force generated by your body to make your body jump.
<b>Relay</b>	Working as a team to complete a race with a baton.
<b>Momentum</b>	Creating speed that is used to transfer into power for a jump, throw or to gain top speed as quickly as possible

### Officiating Focus

Officiating each other is vitally important in athletics, this shows a good understanding and demonstration of both rules and technique.

It also applies lots of mathematical knowledge to working out distances, lengths and times—rounding is also used.

Personal skills such as honesty and fairness are also important when officiating.

Communication—giving clear instructions or feedback.

