

Medium Term Plan: Supporting Implementation of LTP/Progression Grid

Subject: Phase 3 - Year A - Athletics

Key Concept- Concepts: Joy of movement, personal challenge, building resilience, Critical thinking, and action.

POS aims from NC:

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating, and competing. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

Use running, jumping, throwing, and catching in isolation and in combination.

Play competitive games, modified where appropriate (for example, badminton, basketball, cricket, football, hockey, netball, rounders, and tennis), and apply basic principles suitable for attacking and defending.

Develop flexibility, strength, technique, control, and balance (for example, through athletics and gymnastics)

Perform dances using a range of movement patterns.

Take part in outdoor and adventurous activity challenges both individually and within a team.

compare their performances with previous ones and demonstrate improvement to achieve their personal be.

Prior Learning (what pupils already know and can do)

- Experience running, jumping, and throwing in some type of athletic form.
- Use running, jumping, throwing, and catching in insolation and in combination.
- Used a variety of athletics equipment e.g., bats, balls, beanbags.
- To know how to catch, throw and send into target areas.
- Know how to move in different ways on their feet, throw a variety of objects and link running and jumping activities with some fluency.
- Know how to play competitive games and apply basic skills.
- Compare performance and know how to make improvements to achieve personal bests.

End Points (what pupils MUST know and remember)

Hurdles, Triple Jump, 100m Relay Race

- To know the four steps of triple-jump: the approach, the hop, the step and the jump.
- To know how to land safely and how to measure the distance of the jump
- To know how to successfully complete the pass and run a 100m relay race with 4 team members – concentrating on communication, tactics and exchange
- To know how to successfully and safely run over three full hurdles without knocking them down, thinking about leading leg, posture and technique.

Key Vocabulary

Hurdles, relay, baton, stride, lead leg, trail leg, triple jump, hop, step, jump, rhythm

Recommended Resources:

- Mini hurdles or cones to simulate hurdle spacing
- Relay batons
- Measuring tape and cones for jump marking
- Stopwatches for sprint timing
- Scorecards or clipboards for recording performance and feedback
- High jump ropes/bars for scissors technique

Curriculum Connections:

Mathematics =

Measurement: Jump distance, relay timings, stride comparisons

Data Handling: Comparing peer results and recording personal bests

Science =

Body Systems and Nutrition: Impact of diet, sleep, and activity on performance

Forces and Motion: Explosive power and movement efficiency

Career Opportunities:

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1. Track & Field Athlete
2. Sports Performance Analyst
3. Athletics Coach or PE Teacher
4. Physiotherapist
5. Event Coordinator for School Games or Athletics Clubs
6. Sports Broadcaster or Commentator
7. Athletics Official (e.g. Starter or Judge)
8. Fitness & Nutrition Consultant

☐ **Athletics Role Model: Dina Asher-Smith**

Dina Asher-Smith, British 100m and 200m sprinter and World Championship medallist, demonstrates outstanding technique, speed, and perseverance—ideal qualities that reflect the learning journey in this athletics unit.

Session 1 – Hurdles and Rhythm

LO: To perform a smooth running action over low hurdles using correct lead leg and stride pattern.

Objectives:

- Introduce lead leg and trail leg technique.
- Maintain balance and rhythm between hurdles.
- Extend the lead leg and recover quickly for the next stride.
- Use arm and leg coordination through fluid motion.

Teaching Content:

- **Warm-up:** *Leg Drive Drills* – High knees, skips, and bounding exercises.
- **Skill Practice:** Lead and trail leg action over cones, progressing to hurdles.
- **Game Scenario:** *3-Hurdle Race* – Pupils run over 3 hurdles focusing on maintaining stride pattern and balance.
- **Plenary:** What helped keep rhythm? Which leg felt more natural to lead with?

Vocabulary: Lead leg, trail leg, rhythm, stride, fluidity

Healthy Participation:

Highlight how athletic movements improve overall fitness and mental focus. Show London 2012 hurdle clip.

Session 2 – Long Jump and Triple Jump Intro

LO: To accurately perform the phases of a triple jump and record results.

Objectives:

- Understand and perform the hop, step, and jump sequence.
- Maintain speed and balance throughout all phases.
- Land safely and measure from take-off point.
- Avoid sitting back on landing.

Teaching Content:

- **Warm-up:** *Bounding Circuits* – Hopping and step drills for balance and drive.
- **Skill Practice:** Practise hop-step-jump phases individually, then link them together.
- **Game Scenario:** *Jump Challenge* – Pupils take measured jumps and compare results.
- **Plenary:** Which phase was hardest? How can you improve your sequence?

Vocabulary: Hop, step, jump, take-off, momentum

Healthy Participation:

Discuss the value of warm-ups and cool-downs in protecting joints and improving performance.

Session 3 – Relay Baton Passing

LO: To pass and receive a baton using all three exchange techniques with control and communication.

Objectives:

- Learn up sweep, down sweep, and push pass techniques.
- Coordinate with team members during baton exchanges.
- Maintain sprint form during and after the pass.
- Communicate clearly to ensure smooth transitions.

Teaching Content:

- **Warm-up:** *Partner Baton Changeover* – Walking and jogging baton passes.
- **Skill Practice:** Practise each exchange type with partners, progressing to sprints.
- **Game Scenario:** *Relay Circuits* – Teams practise full relays using correct exchange patterns.
- **Plenary:** What helped you make clean exchanges? How important was teamwork?

Vocabulary: Baton, down sweep, up sweep, pass, exchange zone

Healthy Participation:

Promote school athletics clubs and local teams. Discuss how regular participation supports community and health.

Session 4 – Hurdle Stride Refinement

LO: To maintain three-stride rhythm while clearing hurdles with consistent form.

Objectives:

- Maintain pace and control across three hurdles.
- Use correct stride count and lead leg strategy.
- Avoid slowing down before take-off.
- Understand impact of rhythm and timing.

Teaching Content:

- **Warm-up:** *Stride Pattern Runs* – Practice running with even strides between cones.
- **Skill Practice:** 3-stride hurdle drills with focus on pacing and form.
- **Game Scenario:** *Hurdle Rhythm Relay* – Teams rotate through hurdles maintaining 3-stride patterns.
- **Plenary:** What stride count worked best? How did you adapt when it felt off?

Vocabulary: Stride, rhythm, pace, lead leg, hurdle

Healthy Participation:

Discuss how a balanced diet improves mood and energy for training and competition.

Session 5 – Triple Jump Mastery

LO: To perform and refine a triple jump using a full run-up and correct phases.

Objectives:

- Use a controlled 8–10 stride approach.
- Complete all three jump phases smoothly.
- Measure jumps accurately and compare with peers.
- Maintain speed and balance throughout.

Teaching Content:

- **Warm-up:** *Jump Flow Practice* – Hop-step-jump movement across the field.
- **Skill Practice:** Full triple jump from run-up, with partner measurement and feedback.
- **Game Scenario:** *Jump Off* – Pupils take 3 attempts, record best, compare to peers.
- **Plenary:** What phase do you need to improve? How did speed affect performance?

Vocabulary: Triple jump, hop, step, stride, distance

Healthy Participation:

Talk about how exercise releases endorphins and helps the brain manage stress.

Session 6 – Team Sprint and Relay Games

LO: To demonstrate teamwork and all three baton exchange techniques in relay races.

Objectives:

- Use accurate, timed communication in relays.
- Maintain grip until partner signals release.
- Keep sprint form after passing baton.
- Rotate roles and evaluate performance.

Teaching Content:

- **Warm-up:** *Team Baton Drills* – Fast-paced changeovers with verbal cues.
- **Skill Practice:** Practise hand positioning, exchange timing, and call-outs.
- **Game Scenario:** *Team Relay Tournament* – Teams race using different baton exchanges.
- **Plenary:** What made your team successful? What would you work on next time?

Vocabulary: Exchange zone, baton, sprint, down sweep, team

Healthy Participation:

Talk about how sleep supports recovery and helps you perform at your best in PE and school.

Future learning this content supports:

This unit will support future athletics in high school or outside of school in local clubs. Pupils will continue and develop a broader range of skills onto Autumn 2 units of rugby and football. Pupils will have learnt how to run over

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a short and long distance, be able to throw, hit targets and jump in different ways which will support there learning in other topics as these are the key skills needed for most sporting subjects.