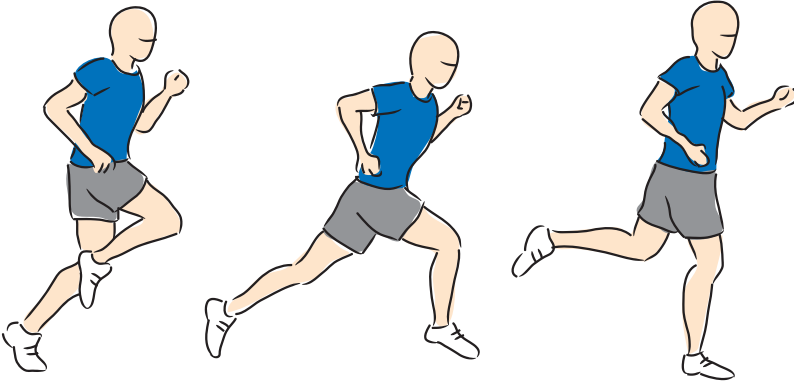


# RESOURCE CARD: **ATHLETICS:** YEAR 5

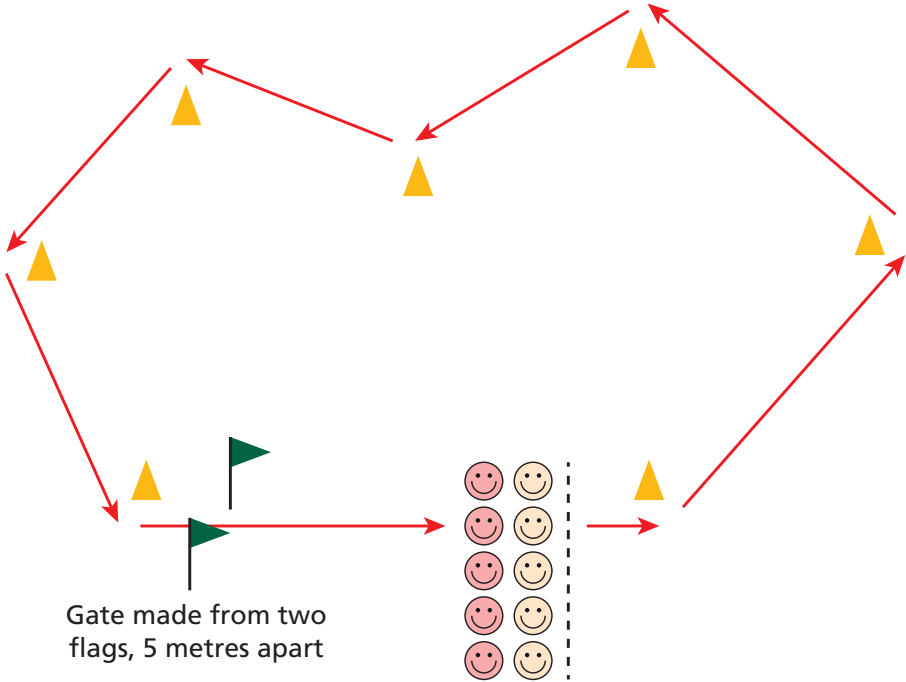
**RELATES TO: WEEK 1**

## MAIN LESSON: PACING USING GOOD TECHNIQUE



Knee lift is lower than sprinting.  
Keep shoulders back.

## GAME / COMPETITION: PACING AROUND A TRACK



Gate made from two flags, 5 metres apart

### KEY



Player



Where the player moves to

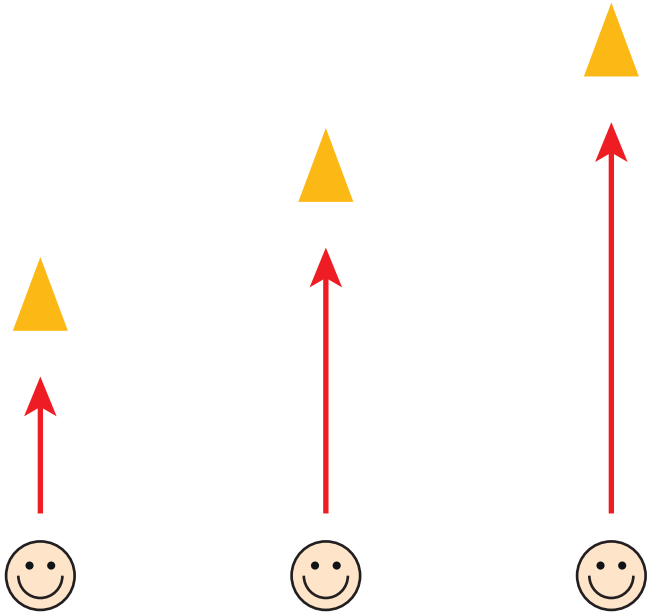


Cone

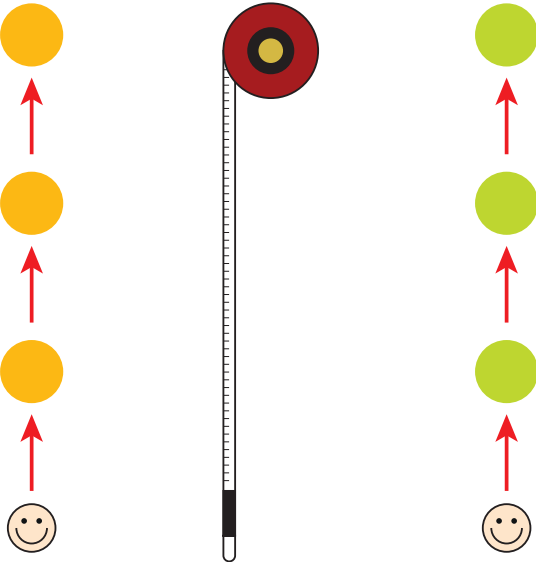
# RESOURCE CARD: **ATHLETICS**: YEAR 5

RELATES TO: **WEEK 2**

## MAIN LESSON: JUMPING TECHNIQUE

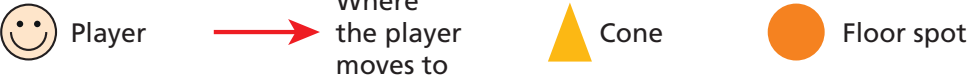


## GAME / COMPETITION: TARGET JUMP



Use floor spots or cones to measure how far each pupil has jumped.

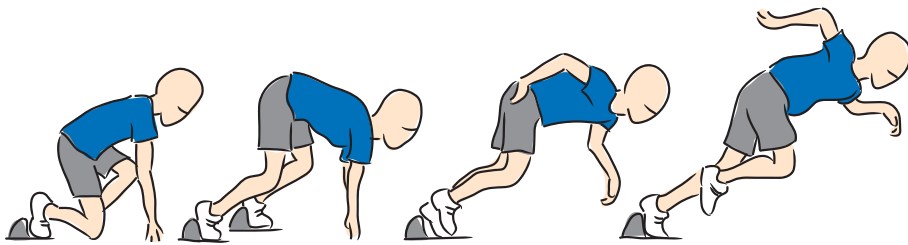
### KEY



# RESOURCE CARD: **ATHLETICS**: YEAR 5

RELATES TO: **WEEK 3**

## MAIN LESSON: SPRINT START



Keep body low.

Push off with as much force as possible.

Drive legs.

## GAME / COMPETITION: SPRINT START AND 60M RACE

**ON YOUR MARKS**



- Rear knee should be level with front foot
- Form a 'V' behind the line with your hands
- Arms shoulder width apart, slightly ahead of hands

**GET SET**



- Raise hips higher than shoulders
- Lift legs at the knees
- Body weight on hands and feet equally

**GO!**

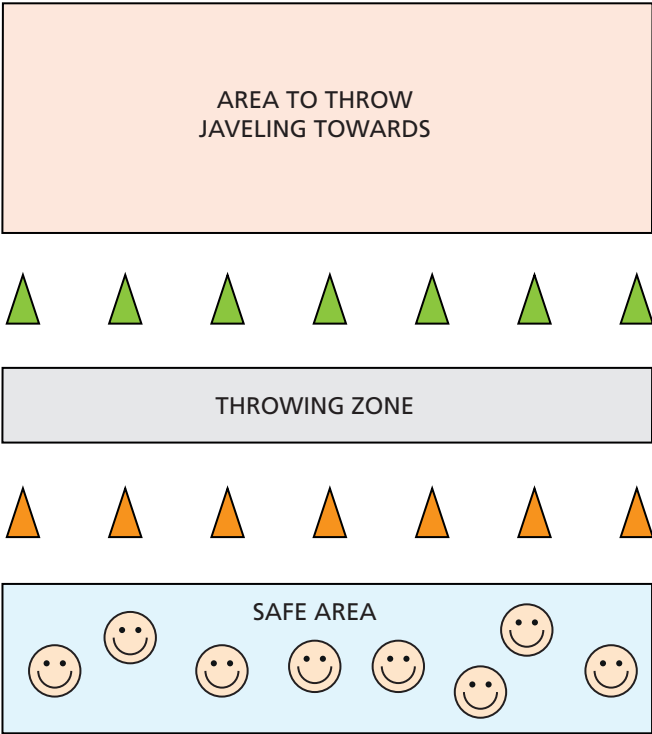


- Drive knee of rear leg forwards
- Extend front leg out
- Lean forwards
- Don't become upright too early

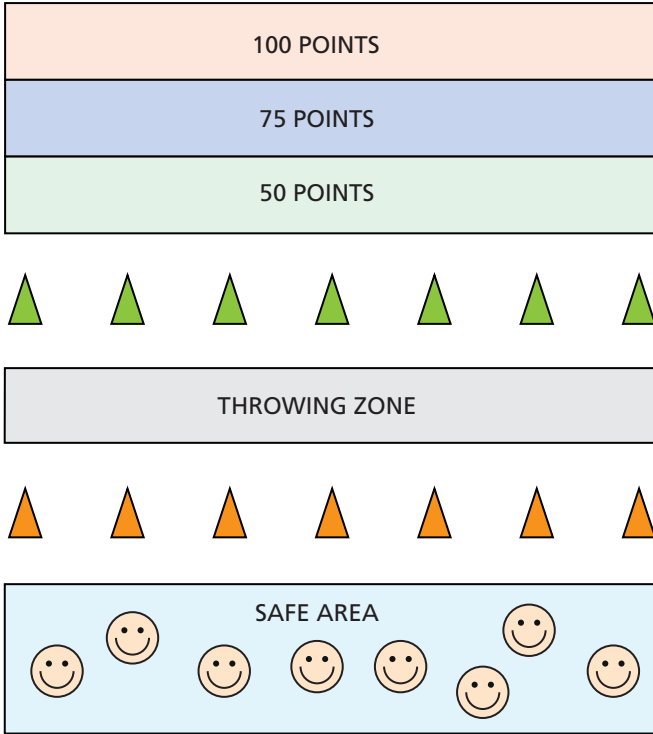
# RESOURCE CARD: **ATHLETICS:** YEAR 5

**RELATES TO: WEEK 4**

## MAIN LESSON: THROWING JAVELIN IN A SAFE AREA



## GAME / COMPETITION: TARGET THROW



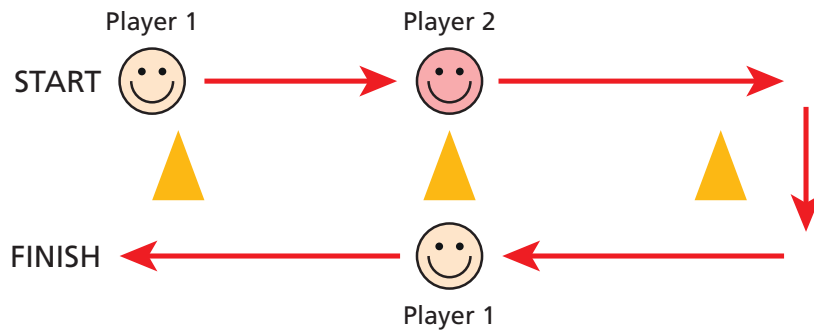
### KEY



# RESOURCE CARD: **ATHLETICS:** YEAR 5

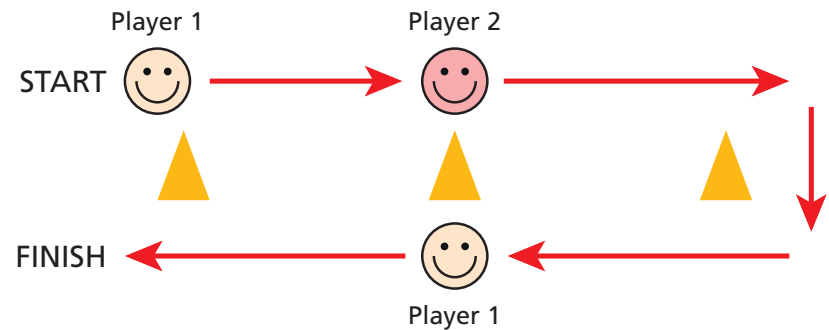
RELATES TO: **WEEK 4**

## MAIN LESSON: CHANGING THE BATON



- Player 1 runs from the start line to the next cone (cones are 15m apart).
- Player 1 gives the baton to Player 2 who runs with it around the last cone. Player 2 then hands back to Player 1 at the middle cone.
- Player 1 crosses the start / finish line.

## GAME / COMPETITION: TIMED RACES WITH BATON CHANGING



## KEY



Player



Where  
the player  
moves to



Cone