



Subject: PE **Topic:** Indoor Athletics **Year Group:** Year 6
Focus: personal improvement, coaching and officiating

What I should already know:

- Set targets for themselves and others
- Develop jumping techniques for standing long and triple jump, speed bounce
- Develop speed, stamina, control and power and know what these mean
- Understand why fitness is important and explain how it contributes to health and well being
- Perform skills and set up mini challenges

Vocabulary:

Circuit, improve, balance tests, standing long jump, vertical jump, speed, stamina, agility, control, power, officiate, competition, fair play, rules, coach, target setting, personal improvement, high intensity, momentum.

What I will know by the end of the unit:

- Compete as an individual as well as a member of a team
- Set own targets for personal performance and improvement
- Take on officiating and coaching roles
- Understand the need for and run own warm ups
- Follow specific techniques for activities

Activities I can take part in to achieve my objectives:

- Indoor athletic events – see docs to support planning