



Somerset Bridge Primary School  
Aspire - Brave - Care - Collaborate

# PE Summer: Year 5 Athletics

## Throwing

The four different throwing events included in athletics competition are: the **hammer**, the **discus**, the **javelin** and the **shot-put**.



### Shot-put

-Stand sideways on to the direction of the throw and put your weight on your back foot with your knees slightly bent.

-Twist your hips, transferring the weight from the back foot to the front foot.

-Keeping the elbow high, extend the arm forward, releasing the ball into the sky.



### Javelin

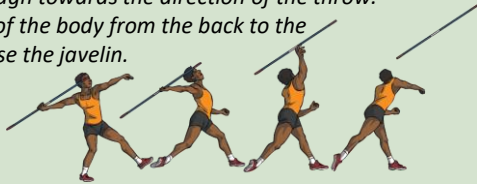
-Stand side-on, looking in the direction you are throwing.

-Hold the javelin back, behind your body with a straight arm and the palm of your hand turned up.

-Pull the throwing arm through, with the elbow leading the palm. At the same time, pull back the non-throwing arm.

-Step and follow through towards the direction of the throw.

-Transfer the weight of the body from the back to the front leg as you release the javelin.



## Key Skills

-To develop a broader range of techniques for running, jumping and throwing.

-To know how to apply the correct technique to different pieces of equipment such as (discus, shotput, javelin, triple jump and long jump).

-To choose and apply skills more consistently in activities.

-To apply my knowledge to evaluate my own and others work.

-To know and understand the key principles of a warm up and how it can affect the quality of performance.

-To demonstrate that I understand the principles of a warm up by choosing appropriate activities for the events that I'm going to participate in.

## Equipment

Shot put  
Hurdles  
Javelin  
Discus  
Egg and spoon  
Sack



## Key Vocabulary

Landing foot	The foot an athlete decides to land on first.
Stamina	Your ability to sustain physical or mental effort for a long period of time.
Obstacles	An obstacle is something that is in your way which either slows you down or stops you.
Stance	Your standing position before and during a movement or skill.
Baton exchange	The passing and receiving of the baton between runners, which should be as smooth as possible.



## Year 5 Sports Day Events

Sprint races

Javelin

Shot put

Discus

Long jump

Triple jump

Obstacle race

Egg & Spoon