



Somerset Bridge Primary School
Aspire - Brave - Care - Collaborate

Athletics events

Track Events

75m Sprint: Running as fast as you can from the start until the finish.



600m: Endurance race meaning you can't sprint the entire race. You need to pace your race so that you don't get too tired too quickly but have still run as fast as you can!

Relay: Passing the baton to the next runner is a vital aspect of a relay race. The next runner needs to be moving when the changeover is made. This allows the runner to get to their top speed quicker and will finish the race in a faster time.



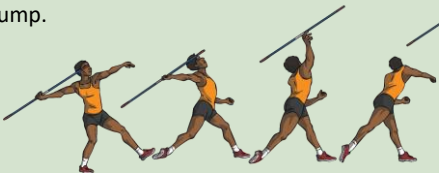
Field Events

Long Jump: Athletes take a run up to the take-off line, and jump as far as possible.



Javelin: Running up to the throw line, you must throw the javelin, overarm, as far as you can.

Triple Jump: Similar to long jump, you must run up to a take off line and jump as far as you can by performing a hop, skip and a jump.



PE Summer: Year 6 Athletics

Key Skills

- To choose, combine and perform skills for running, jumping and throwing more fluently, effectively and consistently.
- To understand and apply techniques to different pieces of equipment with more consistency.
- To understand the need to prepare properly for athletic activities.
- To understand why exercise is good for health, fitness and well-being.
- To develop my ability to evaluate my own and others work and suggest ways to improve it.

Equipment

Shot put
Hurdles
Javelin
Discus
Egg and spoon
Sack



Key Vocabulary

Flight	One of the three phases in the long jump and triple jump. It involves swinging the arms forward and up to propel the body forwards and/or upwards.
Lead leg	The lead leg is the leg which clears the hurdle first when hurdling.
Trail leg	The leg that follows the lead leg over the hurdle in hurdling is called the trail leg.
Pacing	Running at the right pace means you can keep going at that speed for the desired amount of time.
Trajectory	The curved path of a thrown object.
Endurance	The ability of a muscle to repeat a movement without tiring.



Year 6 Sports Day Events

Sprint races

Javelin

Shot put

Discus

Long jump

Triple jump

Obstacle race

Egg & Spoon