**Curriculum**

**5th Grade Physical Education – Track & Field**

**Course Overview**

SPORT TYPE: Body management, individual, team

**Department Standards**

* The students will develop an understanding, through experience, of the benefits of participation in physical activity throughout life;
* The student will experience a sense of achievement through achieving competence in physical activity thereby helping to raise self-esteem;
* The student will develop the personal qualities of cooperation, good sportsmanship, honesty, confidence and respect for others that will allow the student to work with others to realise common goals and objectives;
* The student will develop the physical skills and techniques of body management and coordination to allow the student to cope with a variety of physical tasks;
* The student will develop an appreciation of creative and aesthetic qualities;
* The student will develop problem solving skills;
* The student will develop communication and leadership skills;
* The student will engage in the processes of discovery and enquiry through creative and imaginative physical activity;
* The student will develop the confidence necessary to participate in any form of physical activity in new surroundings with people hitherto unknown.

**Benchmarks**:

To develop an understanding of the need for safe practice in all events

To develop and refine basic techniques in running over short and long distances and recognize the difference between the two

To develop the techniques for throwing

To develop the techniques for jumping

To develop an appreciation of the skills and teamwork required for the relays

To develop the concept of ‘self-improvement’ and individual performance over peer comparison

To develop the ability to time and measure with a degree of accuracy

To develop an understanding of the effects of exercise on the body

**Performance Indicators**

Display different ways of throwing various implements.

Display techniques required for jumping high/long

Display effective sprinting techniques.

Display ability to pace themselves over longer periods of time/distances.

Display ability to work together in team relays

Display a willingness to encourage others and to give and receive constructive criticism.

Display ability to time and measure

Display an understanding of safety procedures

**Assessments**

Teacher observation

Peer evaluation

**Core Topics**

**Specific Content**

Warm-up and cool down related to activity

Experience throwing techniques required for javelin, shot putt, discus, hammer.

Experience the basic techniques required for long jump

Experience the basic techniques required for high jump (scissors action)

Experience pacing themselves over a longer distance (600-800m)

Learn good sprint start and sprinting techniques. Sprint up to 80m distance

Learn to use a stopwatch and time partner

Learn to safely mark and measure jumps and throws

Learn relay baton passing techniques

Practise tug-of-war technique

Learn and practise the various relays for sports day

**Resources**

Indoor throws and jumps equipment

Baseballs, beanbags, tape measure, cones

Long Jump pit, rake, cones, tape measure

High jump stands, pole, safety mattresses, tape measure mats, small stands and poles

Stopwatches

Batons

Tug-of-war rope, cones, bands

Various equipment required for Sports Day team relays