

PE Athletics Year1 Summer 2

National Curriculum subject content:
Develop balance, agility, and coordination.
<ul style="list-style-type: none"> ✓ Master basic movements including running, jumping, throwing, and catching as well as developing balance agility and coordination and begin to apply these in a range of activities.
National Curriculum theme:
<ul style="list-style-type: none"> ✓ Athletics. Links to previous unit – Multi skills



Key Vocabulary:	
Target	Place to aim for
Jump	Push off a surface into the air using muscles in legs and feet
Distance	How far
Speed	How fast
Athletics	A group of sporting events that involve running jumping and throwing.
Over arm	Throw over from shoulder
Underarm	Throw under from waist
Obstacle	Object to block progress
Target	Area to aim for
Balance	Upright steady
Direction	Way travelling
Personal best	The best you can achieve

Sequence of Learning:					
Objectives (key knowledge):					
To learn to run at different speeds.	To learn to use an underarm throw an object at a target.	To learn to use an over arm throw to throw an object at a distance.	To learn to jump for height and distance.	To learn to combine running and jumping skills.	To learn to apply basic running, jumping, and throwing techniques to different activities
Key events timeline/ Fundamentals					
Agility the ability to rapidly change direction, accelerate or decelerate. Developing running techniques for short and middle distance Work individually	Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination	Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination	Agility the ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination	Agility the ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination	Mini sports round robin events. ABC skills Working individually and as part of a team Using basic concepts of own bodies and its capabilities