

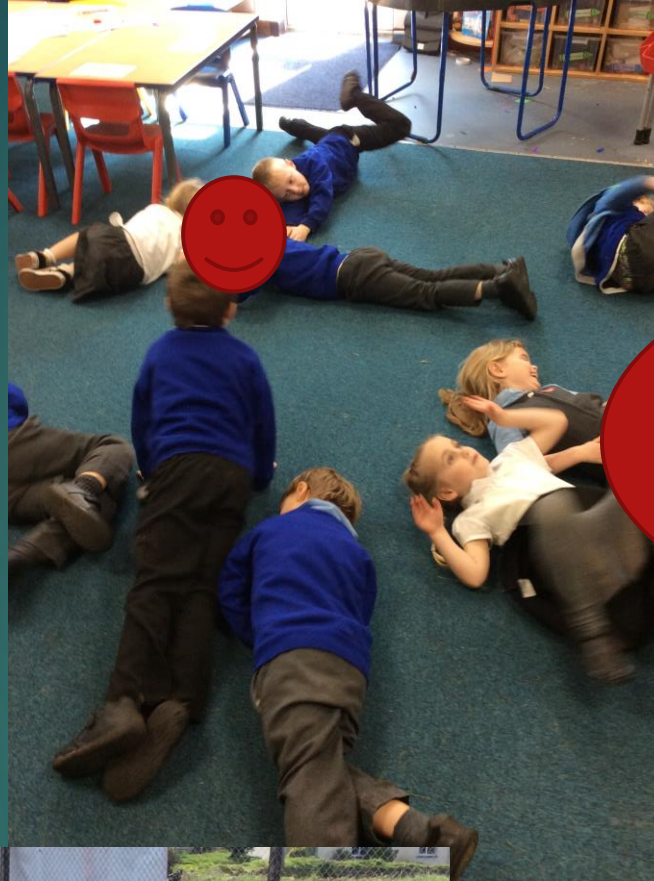


PE Fundamental Athletics part 1 and 2.

SUMMER 1 AND 2 2023

CLASS PLYM

Lesson 1 can you move and run in different ways at different speeds.



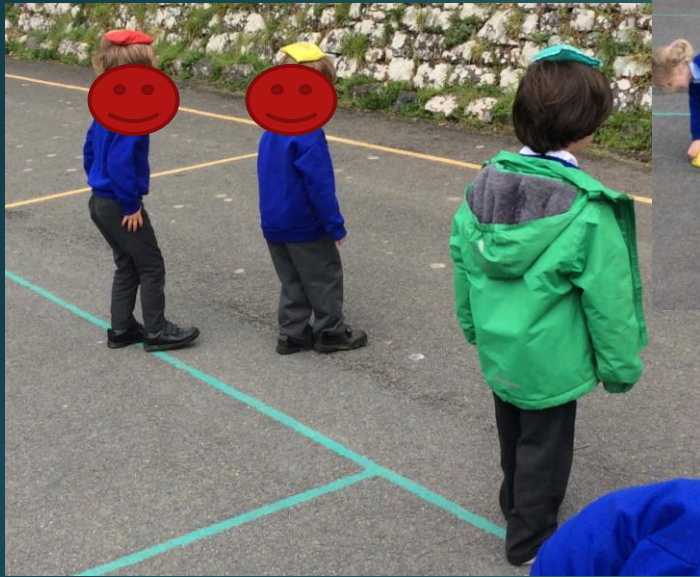
Small strides
take longer to
get to the
fence, big
strides are
quicker.



A giraffe is tall
and they walk
slow with small
strides.. Like
this.



Can you change direction with speed and control. Can you throw a beanbag into a space?



My beanbag didn't fall off my head – I am balancing!

I feel like Handa from the story with a basket on my head!

I can throw them over the line – we are going to win!



Can you run at different speeds over obstacles?



I had to slow down to do the jumping over the pole.

My heart is pumping loads of blood around my body now.



I have to look that way [gestures forwards] to help me not fall over and balance.

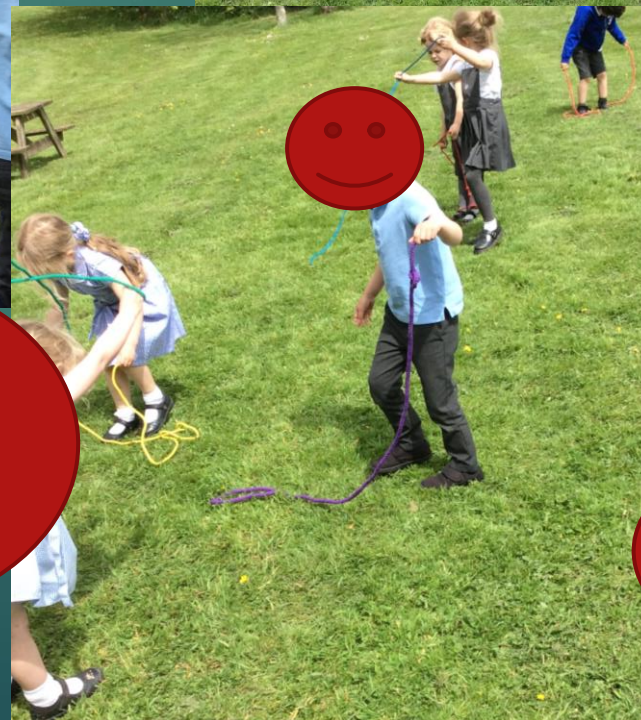
Jumping over the obstacles helped me jump in the sack!



Can you jump and land in different ways?



We had a go at jumping like different animals and thinking how they would land – one leg or two legs? And then we applied this to some Sport's Day preparation.



Skipping is really hard, I am going to walk over it first.



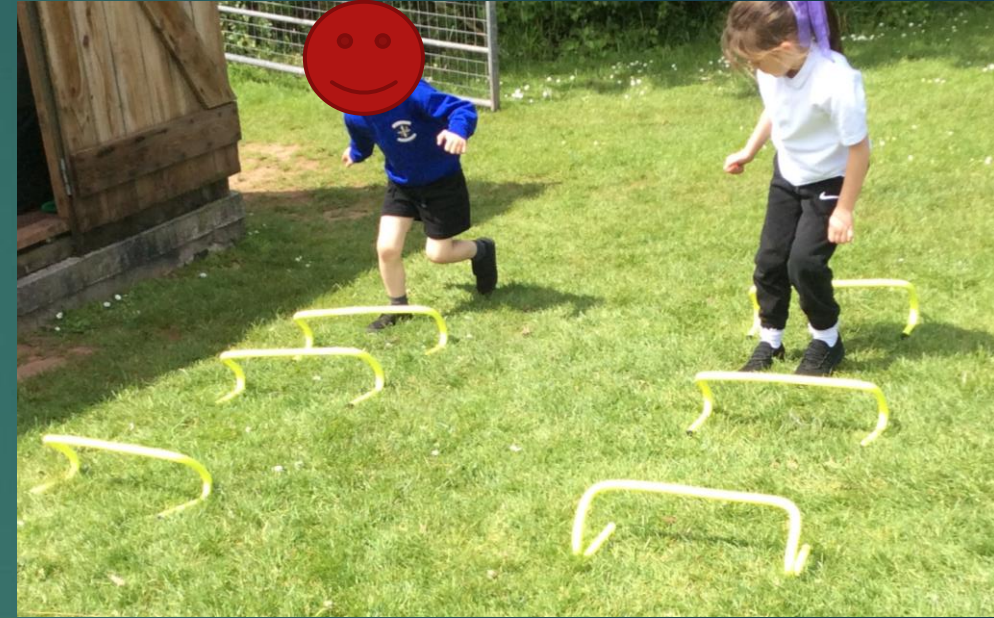
Whoops! I fell over. I won't give up.



I can throw a beanbag accurately over a distance and Sport's day practice



I managed to throw all of the bean bags into the hoop.



I'm going to move the cone back so it's harder.

I'm going to challenge myself by moving them closer together.


Moving my arms helps me to run faster



Sports Day



I did not think I
would win the
skipping race!



Summer 2 Part Two of Athletics

Can you jump for distance?

I can jump on the wide part now



When I land with my feet wider it is easier to balance and not fall over.



My arms help me jump further.

Can you take part in a simple relay race?



You have to look to see who is coming to be ready.

You can't go until the person says 'go'.



Can you throw in a co-ordinated way for accuracy?

If I look where I want to throw it, it will be better.



I hit the cone when I did it slow and underarm.

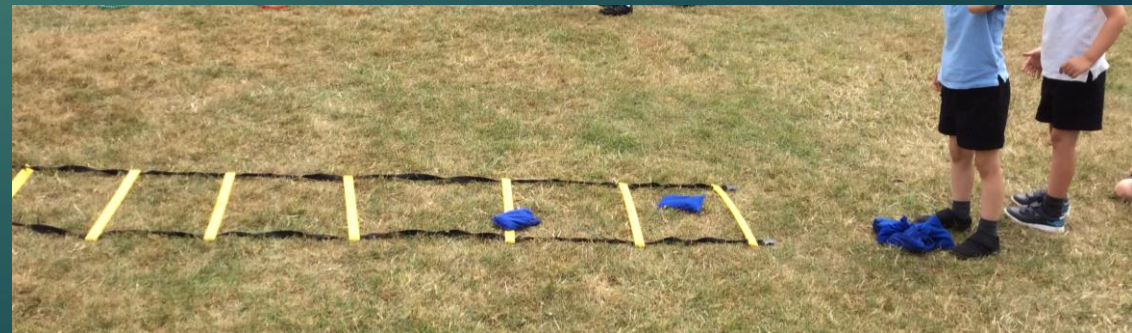


Can you use all of your skills to take part in a circus?

I nearly got it in all of the spaces.

I knocked over two cones

It's hard to hit the things further away.



**What I have learnt before:**

- We need to warm up before exercise to protect our body.
- We can hold out our arms to help us balance.
- Looking at a point ahead can help us to balance.

Forever Facts

If my chin is up and my eyes are looking straight ahead it will be easier to balance a beanbag on my head.

Using my arms effectively can help me to jump higher and a greater distance.

When I breathe heavier during exercise, it is my body taking in more oxygen.

When I land a jump, I must bend my legs to protect my body.

Skills

I can move my body slowly and faster with control.

I can balance a beanbag on my head whilst moving forwards slowly.

I can talk about what happens to my body during exercise.

Endpoint:

I can apply my new skills to a game situation.

Exciting Books

SPORTS DAY

**Personal Development**

- To know that exercise is important for our body to keep us healthy.
- Working collaboratively with others in partners and a team.

Subject Specific Vocabulary

Directions

The path that something travels or points: left, right, up, down.

Strides

To walk or run taking long, even steps.

Speed

How fast or slow something is moving.

Balance

Being steady; not wobbling or falling over.

Obstacles

Something in your way that stops you moving forwards - you may need to jump over it or crawl under it for example.