



PE Athletics

Summer 1 2022



Running

A run is when you go fast but not as fast as you can go because that would be called a sprint.

When you run, you can have zero feet on the ground.



You can start running when the teacher says 'go'.

When you jog and walk, you always have one foot on the ground.

Throwing/skipping



I have to look where I want to throw it or it goes in a funny place.



Skipping is tricky, I need to jump with both feet at the same time,



Over arm is better for further away throws.

Sack jump, egg and spoon and skipping



I have to try
and look
forwards or I
walk into the
next lane.



I have to bend
my knees to
bounce high
with the sack



Sport's day practice for our races



It doesn't matter if I don't win, I tried my best.



Look Miss Gillespie! I can skip now because I have been practicing!



Sport's day!

Everyone was
cheering me!

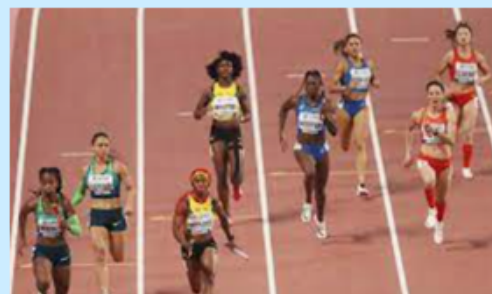


I was even faster
than when we
were practising!

PE FLE YR 1 Athletics

What we already know:

- Circuits last term we had to run between cones as fast as we could and pivot to change direction.
- EYFS have throwing, running and jumping activities in continuous provision.
- Science and what activities raise our heart rates and which do not.



Our Endpoint

To take part in sports day and apply my newly learned skills.

Forever Facts

I know that when I hear 'On your marks, get set, go' I can start running.

I know that if I look where I want to throw something, it will be more accurate.

I know that when I jump, I should land with two feet together and bend my knees to protect my joints.

Skills

- I can throw objects accurately increasing the distance and using over and underarm.
- I can jump accurately and safely over obstacles.
- I can perform a variety of jumps and link them together to create a small sequence.

Culture Capital

- Setting ourselves goals to achieve.
- Taking part in competitions.
- Understanding why it is important to exercise and keep our bodies healthy.

Exciting books



Subject Specific Vocabulary

Flight	When you are moving fast and have both feet off the ground.
Race	A contest of speed - you need to move as <u>quick</u> as possible and try to get there faster than the other people in your race.
Pace	The steady speed you walk, run or move.
Walk, jog	Moving at a slower pace where one foot is always on the ground.
Run, sprint	Moving at a faster pace where at some points there is no foot on the ground. (in flight)