|  |
| --- |
| **Year 1 Athletics** **Curriculum Link:****To master basic movements including running, jumping, throwing and catching** |
| **Key Information** | **Learning** | **Key PE Skills** |
| **Unit** | **Previous Learning** | **Competing and Performing** |
| Subject Name: **PE**Year Group: **1**Term: **3 (H2)**Unit Name: **Athletics****Spiritual Development**Through the study of Physical Education, children will develop an understanding of the importance of physical health and how this can promote positive emotional development. John 1:2 Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul. | **Physical Development*** Negotiate space and obstacles safely, with consideration for themselves and others.
* Demonstrate strength, balance and coordination when playing.
* Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

**Personal, Social and Emotional Development*** Work and play cooperatively and take turns with others
* Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.
* Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.

**Other*** Create a short sequence of movements.
* Roll in different ways with control.
* Travel in different ways.
* Stretch in different ways.
* Jump in a range of ways from one space to another with control.
* Begin to balance with control.
 | * Engage in competitive activities and team games.
 |
| **Big Ideas** | **Year 1 Learning** | **Health and Fitness & Preparation** |
| To develop skills such as running at different speeds, changing direction, jumping, throwing, measuring performance and improving their scores. | * To vary their pace and speed when running/jogging.
* To be able to maintain control and stay in a straight line when jogging/running/sprinting.
* To be able to show good posture and balance.
* To perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.
* To perform a short jumping sequence.
* To be able to jump as high as possible.
* To be able to jump as far as possible.
* To know how to land safely.
* To demonstrate an underarm and overarm throw.
* To be able to throw a ball towards a target with increasing accuracy.
* To improve the distance they can throw by using more power.
 | * Recognise and describe how the body feels during and after different physical activities.
* Explain what they need to stay healthy.
 |

|  |  |  |
| --- | --- | --- |
| **Key Information** | **Learning** | **Key PE Skills** |
| **Vocabulary** | **Future Learning:** | **Evaluation and Communication** |
| run jog jump throw speed heightdistance warm-up cool-down teamwork | * Run/jog at different paces, describing the different paces.
* Run/jog a variety of distances and begin to select the most suitable pace and speed for the distance.
* Begin to select the most suitable pace and speed for distance.
* Use a variety of different stride lengths.
* Perform a short jumping sequence with developing control and accuracy.
* Jump for distance from a standing position with accuracy and control.
* Choose the most appropriate jumps to cover different distances.
* Land safely and with some control.
* Throw different types of equipment in different ways with some accuracy.
* Throw with accuracy at targets of different heights.
* Begin to alter their throwing technique to achieve greater distance.
 | * Watch or describe performances of themselves and others - begin to say what went well and what didn’t go well.
* Follow simple rules to play games, including team games.
 |
| **Glossary** |
| **Baton:** A short stick or tube passed from runner to runner in a relay race.**Bell Lap:** The final lap in a distance race, signalled by the ringing of a bell.**Competitive:** The act or process of trying to get or win something others are also trying to get or win.**Decathlon:** An athletic competition combining 10 track and field events.**Discus:** A heavy disk thrown in discus.**False Start:** Failed start of a race, usually caused by a runner moving forward before the race has begun.**Field:** Events in athletics that involve throwing, jumping and vaulting.**Hammer:** A 16-pound metal ball attached to a wire for throwing in an athletic contest.**Heptathlon:** An athletic competition combining 7 track and field events.**High jump:** Sport in which competitors jump over a bar that is raised.**Lap:** One circuit of a running track or a racetrack.**Long jump:** An athletic event in which competitors jump as far as possible along the ground in one leap.**Pole-vault:** An event in which competitors vault over a high bar with the aid of an extremely long, flexible pole.**Relay:** Race between teams of runners in which each team member in turn covers part of the total distance.**Shot put:** An athletic contest in which a very heavy metal ball is thrown as far as possible.**Sprint:** A short, fast race run over a distance of 400 metres or less.**Tactics:** Methods and plans that players and teams use to increase their chances of winning.**Track and Field:** Sporting events based on the skills of running, jumping and throwing. **Triple Jump:** An event in which competitors leap as far as possible by performing a hop, a step and a jump. |