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| **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. |

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| **Key Information** | **Learning** | **Key PE Skills** |
| **Vocabulary** | **Future Learning:** | **Evaluation and Communication** |
| run  jog  jump  throw  speed  height  distance  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. | | |