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| **Year 2 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: **2**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. | * Vary their pace and speed when running/jogging.
* Maintain control and stay in a straight line when jogging/running/sprinting.
* Show good posture and balance.
* 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.
* Perform a short jumping sequence.
* Jump as high as possible.
* Jump as far as possible.
* Land safely.
* Throw underarm and overarm.
* Throw a ball towards a target with increasing accuracy.
* Improve the distance they can throw by using more power.
 | * Compete against self and others in teams and individually.
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| **Big Ideas** | **Year 2 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 be able to run/jog at different paces, describing the different paces.
* To be able to run/jog a variety of distances and begin to select the most suitable pace and speed for the distance.
* To begin to select the most suitable pace and speed for distance.
* To be able to use a variety of different stride lengths.
* To perform a short jumping sequence with developing control and accuracy.
* To be able to jump for distance from a standing position with accuracy and control.
* To know how to choose the most appropriate jumps to cover different distances.
* To know how to land safely and with some control.
* To be able to throw different types of equipment in different ways with some accuracy.
* To be able to throw with accuracy at targets of different heights.
* To begin to alter their throwing technique to achieve greater distance.
 | * Recognise and describe how different parts of the body feel during and after different physical activities.
* Explain what they need to stay healthy with some links to exercise being made.
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| **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 a variety of distances, recognising speed and pace should be altered for the distance.
* Understand the importance of adjusting running pace to suit the distance being run.
* Develop performing a relay as a team.
* Jump for distance from a standing position with accuracy, balance and control.
* Land safely and with control.
* Begin to combine running with jumping over hurdles.
* Perform a push throw with developing control and accuracy.
* Begin to improve on own technique and beat personal bests.
* Alter their throwing techniques to throw for greater distance.
 | * Watch or describe performances of themselves and others - linking that to what went well and what to improve.
* Use some simple communication to illustrate what they are planning on doing.
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| **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. |