

<b>Year 1 Athletics</b> <b>Curriculum Link:</b> <b>To master basic movements including running, jumping, throwing and catching</b>		
Key Information	Learning	Key PE Skills
Unit	Previous Learning	Competing and Performing
<p>Subject Name: PE            Year Group: 1            Term: 3 (H2)            Unit Name: <b>Athletics</b></p> <p><b>Spiritual Development</b>            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.            "I say this because I know what I have planned for you," says the Lord. "I have good plans for you. I don't plan to hurt you. I plan to give you hope and a good future."             Jeremiah 29:11</p>	<p><b>Physical Development</b></p> <ul style="list-style-type: none"> <li>Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>Demonstrate strength, balance and coordination when playing.</li> <li>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul> <p><b>Personal, Social and Emotional Development</b></p> <ul style="list-style-type: none"> <li>Work and play cooperatively and take turns with others</li> <li>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</li> <li>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.</li> </ul> <p><b>Other</b></p> <ul style="list-style-type: none"> <li>Create a short sequence of movements.</li> <li>Roll in different ways with control.</li> <li>Travel in different ways.</li> <li>Stretch in different ways.</li> <li>Jump in a range of ways from one space to another with control.</li> <li>Begin to balance with control.</li> </ul>	<ul style="list-style-type: none"> <li>Engage in competitive activities and team games.</li> </ul>
<b>Big Ideas</b>	<b>Year 1 Learning</b>	<b>Health and Fitness &amp; Preparation</b>

<p>To develop skills such as running at different speeds, changing direction, jumping, throwing, measuring performance and improving their scores.</p>	<ul style="list-style-type: none"> <li>• To move at different speeds over varying distances.</li> <li>• To develop balance.</li> <li>• To develop changing direction quickly.</li> <li>• To explore hopping, jumping and leaping for distance.</li> <li>• To develop throwing for distance.</li> <li>• To develop throwing for accuracy.</li> <li>• To develop throwing for accuracy.</li> </ul>	<ul style="list-style-type: none"> <li>• Recognise and describe how the body feels during and after different physical activities.</li> <li>• Explain what they need to stay healthy.</li> </ul>
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Key Information	Learning	Key PE Skills
Vocabulary	Future Learning:	Evaluation and Communication
<p>run jog jump throw speed height distance warm-up cool-down teamwork</p>	<ul style="list-style-type: none"> <li>• To develop the sprinting action.</li> <li>• To develop jumping for distance.</li> <li>• To develop technique when jumping for height.</li> <li>• To develop throwing for distance.</li> <li>• To develop throwing for accuracy.</li> <li>• To select and apply knowledge and technique in an athletics carousel.</li> </ul>	<ul style="list-style-type: none"> <li>• Watch or describe performances of themselves and others - begin to say what went well and what didn't go well.</li> <li>• Follow simple rules to play games, including team games.</li> </ul>

**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.