Year 1 Term 6 P.E: Athletics



Curriculum Key Question: How can I look after myself and others?

Topic: Ahoy Shipmates!

What should I already know?

FYFS:

Running

Explore running and stopping.
Explore running on the balls of their feet.

Jumping

Explore jumping and hopping safely.

Throwing

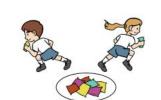
Explore throwing to a target.

Skills I will develop:

- I am able to throw towards a target.
- I am beginning to show balance and co-ordination when changing direction.
- I am developing overarm throwing.
- I can recognise changes in my body when I do exercise.
- I can run at different speeds.
- I can work with others and make safe choices.
- I try my best.
- I understand the difference between a jump, a leap and a hop and can choose which allows me to jump the furthest.

Key Skills: Physical Key Sk

- Running at different speeds
 Social: Working safely
- Agility and co-ordination
- Jumping for distance
- Throwing for distance
- Throwin or accuracy
- Balanc∈



- Key Skills: S.E.T
- Social: Collaborating with
 - others
- Emotic al: Working indepe sently
- Emotic al: Determination
- Thinking: Observing and providing feedback
- Thinking: Exploring ideas







Key Vocabulary

- Jump: Take off and land on two feet.
- **Hop:** Take off and land on the same foot.
- Leap: Take off on one foot and land on the other.

Key Vocabulary:



Skills

Running

Explore running at different speeds.

Jumping

Explore hopping, jumping and leaping for distance.

Jumping

Develop balance whilst jumping and landing.

Throwing

Explore throwing for distance and accuracy.