

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?

EYFS:

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.

Key Skills: Physical

- Running at different speeds
- Agility and co-ordination
- Jumping for distance
- Throwing for distance
- Throwing for accuracy
- Balance



Key Skills: S.E.T

- Social: Working safely
- Social: Collaborating with others
- Emotional: Working independently
- Emotional: 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:

fast • slow • jump • aim
direction • far • bend • improve
hop • safely • travel • balance

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.



Skills

Running

Explore running at different speeds.

Jumping

Develop balance whilst jumping and landing.

Jumping

Explore hopping, jumping and leaping for distance.

Throwing

Explore throwing for distance and accuracy.