

# Year 2 Term 6 P.E: Athletics



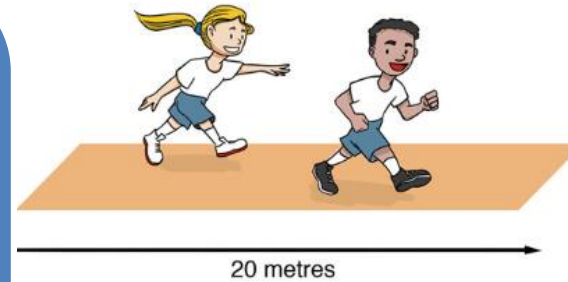
Curriculum Key Question: How can I look after myself and others?

Topic: What lurks beneath?

## What should I already know?

- 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.

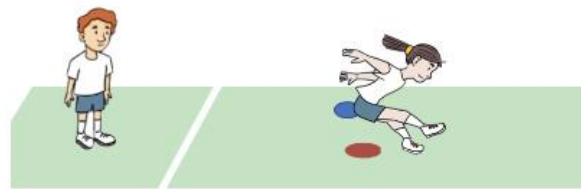
In this unit, pupils will develop skills required in athletic activities such as running at different speeds, jumping and throwing. In all athletic based activities, pupils will engage in performing skills and measuring performance, competing to improve on their own score and against others. They are given opportunities to work collaboratively as well as independently. They learn how to improve by identifying areas of strength as well as areas to develop.



20 metres

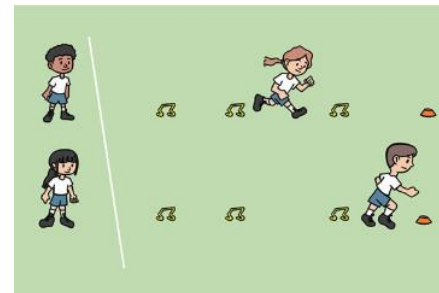
## Key Skills: Physical

- Running at different speeds
- Jumping for distance
- Jumping for height
- Throwing for distance



## Key Skills: Social, Emotional and Thinking

- **Social** – working safely
- **Social** – collaborating with others
- **Emotional** – working independently
- **Emotional** – determination
- **Thinking** – observing and providing feedback
- **Thinking** – exploring ideas



## Key Vocabulary

**Pace** – the speed at which a performer runs

**Agility** – the ability to change direction quickly and easily

**Jump** – take off and land on two feet

**Hop** – take off on one foot and land on the same foot

**Co-ordination** – to move different body parts at the same time

## Skills I will develop:

- I show balance and co-ordination when running at different speeds.
- I can jump and land with control.
- I can use an overarm throw to help me to throw for distance.
- I can work with others, taking turns and sharing ideas.
- I can identify good technique.
- I can describe how my body feels during exercise.
- I try my best.