



PE Topic: Athletics

Year: 1 **Term:** Summer 1

Key Knowledge/Content:

- To develop fundamental movement skills, become increasingly competent and confident, and accessing a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- To be able to engage in competitive activities (both against self and against others).
- To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

Links to:

Prior learning:

To move at different speeds in and around equipment.

Future learning:

To choose skills and equipment to help them meet the challenges they are set.

Key vocabulary with definition:

Prior vocabulary:

- Walk – To move at a regular pace.
- Run – To move faster than a walk.
- Fast – To move at high speed.
- Slow – To move at less than usual speed.

New vocabulary:

- Jog – A slow, steady run.
- Throw – To propel something through the air.
- High – Above head height.
- Low – Near to the ground.
- Target – A place that has been selected for you to aim for.
- Jump – To push off a surface into the air.
- Hop – To move by jumping on one foot.
- Skip – To move lightly with a bounce.
- Pass – To send an object to someone else.
- In pairs – To work with someone else (in twos).

By the end of this unit

All children can: use their bodies and equipment with greater control and coordination.

Most children can: use different techniques, speeds and effort to **meet** challenges set for running, jumping and throwing.

Some children can: remember, repeat and link combinations of actions.

Background understanding for teachers and parents:

This half term is Athletics, with a focus on running, jumping and throwing. The children will have the opportunity to take part in games and competitive activities involving each skill, including Sports Day.

Curriculum Driver (one):

Aspiration

Evidence outcome:

To try your best and attempt to beat personal bests. To engage in competition and aspire to win.