



PE Topic: Athletics

Year: 2 **Term:** Summer 1

Key Knowledge/Content:

- To use agility, balance and coordination, individually and with others.
- To engage in competitive activities (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- 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 use their bodies and equipment with greater control and coordination.

Future learning:

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

Key vocabulary with definition:

Prior 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).

New vocabulary:

- Aim – To point or direct something at a target.
- Safely – To avoid harm or injury.
- Repeat – To do something again.
- Overarm – Arm passes over shoulder height.
- Underarm – Arm stays below shoulder height.
- Accelerate – To get faster.
- Take off – Where you leave the ground.
- Landing – Where you meet the ground again.
- Evaluate – To assess how good something is.
- Improve – To make something better.

By the end of this unit

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

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

Some children can: improve their personal best and fitness levels.

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.