

BRUNSHAW PRIMARY SCHOOL



Inspiring children to be resilient and aspirational learners, within a positive and considerate community

Subject: PE	Year group: Term: Summer 1	Title: Athletics (KS1/KS2)
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What should I already know? - Run and describe different paces using a variety of stride lengths and speeds - Complete an obstacle course - Vary the speed and direction in which they are travelling - Run with basic techniques following a curved line - Perform, combine and compare different types of jumps - Throw different types of equipment in different ways, for accuracy and distance	In KS1 I will learn - To demonstrate running, jumping, throwing and catching in isolation and in combination - To move with control, agility and confidence - Apply different types of movements linked to running to ensure it is embedded Jump with control both 1 footed and two footed - Throw different objects in a variety of ways Complete an obstacle course with control and agility	In KS2 I will learn to - Perform different techniques for throwing over a distance. - Throw with accuracy to hit a target within javelin and shot put. - Perform a fluent sprinting start technique and link smoothly to a running motion. - Perform the handover of a baton within a relay competition fluently. - Perform a range of jumping techniques for standing long jump and speed bounce. - Develop the technique to perform a triple jump. - Discuss ways to improve technique and performance.	<table><tr><th>Key vocab</th><th>Definition</th></tr><tr><td>Balance</td><td>To keep steady on their feet while moving and performing skills.</td></tr><tr><td>Control</td><td>Changing the speed and direction you move and keeping balanced whilst doing it.</td></tr><tr><td>Technique</td><td>The safe method performers have been taught to perform a skill such as javelin and standing long jump.</td></tr><tr><td>Fluency</td><td>To be able to move and perform skills with ease.</td></tr><tr><td>Spatial Awareness</td><td>Being aware of other players on the pitch. Moving without causing collision.</td></tr><tr><td>Accuracy</td><td>Being able to make passes and tags making sure they get to the location the player is aiming for.</td></tr><tr><td>Stamina</td><td>The ability to perform physical activity for a sustained period of time.</td></tr><tr><td>Baton</td><td>A short tube passed between runner in a relay.</td></tr><tr><td>Relay</td><td>A race where teams of runners pass a baton to each member of their team.</td></tr><tr><td>Pace/Speed</td><td>The speed at which someone moves.</td></tr><tr><td>Sprint</td><td>Usually your top speed to run as fast as you can to get from A to B.</td></tr><tr><td>Throw</td><td>Picking something up and giving it force to travel through the air and land in a different location.</td></tr></table>	Key vocab	Definition	Balance	To keep steady on their feet while moving and performing skills.	Control	Changing the speed and direction you move and keeping balanced whilst doing it.	Technique	The safe method performers have been taught to perform a skill such as javelin and standing long jump.	Fluency	To be able to move and perform skills with ease.	Spatial Awareness	Being aware of other players on the pitch. Moving without causing collision.	Accuracy	Being able to make passes and tags making sure they get to the location the player is aiming for.	Stamina	The ability to perform physical activity for a sustained period of time.	Baton	A short tube passed between runner in a relay.	Relay	A race where teams of runners pass a baton to each member of their team.	Pace/Speed	The speed at which someone moves.	Sprint	Usually your top speed to run as fast as you can to get from A to B.	Throw	Picking something up and giving it force to travel through the air and land in a different location.
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Key Skills - Develop the quality of the actions in their performances - Begin to improvise with a partner to create a simple dance. - Create motifs from different stimuli.	Experiences that school will provide: - Qualified Sports Coaches - Sporting competitions and event - Afterschool Clubs - Sports Day	Inspiring Athlete:  Usain Bolt	Key questions - Which is the best position to stand in when throwing? - Does the height of the throw affect the distance you can achieve? - What can you do to improve your accuracy?																										

• Begin to compare and adapt movements and motifs to create a larger sequence • Use simple dance vocabulary to compare and improve work • Explain why it is important to warm up and cool down		Multiple World and Olympic Champion	• How can you use your body to generate force when throwing? • How do you use your arms/legs when jumping/landing?
Web links https://activeforlife.com/resource/links/	Experiences that could be provided at home... Outdoor play Encouragement to join clubs Park run (free events at local parks)		