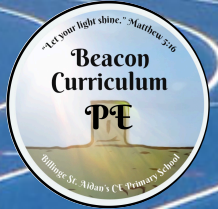


Year 1 - Athletics - HT1



Prior Learning: In Early years, children began to develop fundamentals of movement e.g. walking, running, jumping, hopping, skipping. They began to jumping a variety of objects. They threw a variety of objects into targets. They also developed their balancing skills when moving.

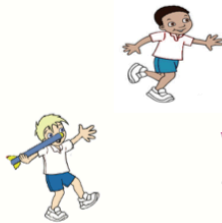
Physical Me

- **Running** - Straight runs
- Through ladders

- **Throwing** - Over arm
- Underarm
- At a target

- **Jumping** - Over small objects
- For distance
- 2 footed

Key Skills



Thinking Me

- To improve my performance

Value Me:

- Determination

Social Me

- Co-operate with others



Key Knowledge

Running -
F - Face forward – head still
A - Arms pump fast – ‘hip to lip’
S - Speedy feet
T - Trunk to be upright

Throwing- Standing Side on Bolt pose, use opposite arm and opposite leg, Point in the direction with the non throwing hand.

Jumping- Swing arms and bend knees to help you get further.
- Safety bend at knees when landing

Athletic Events

Track Events:

100m sprint
200m sprint
400m sprint
800m middle distance
1500m middle distance

Field events:

Javelin throw
Long Jump
Triple Jump
Shot put
Discus
High Jump

Key Vocabulary

Throw

Race

Run

Jump

Personal Best

FAST

Control

Safe

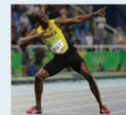
Mini Coaches

Inspirational Athletes

Usain Bolt- Fastest man on earth!

He is a world record holder in the 100 metres, 200 metres and 4 × 100 metres relay.

An **eight**-time Olympic gold medallist!



Bolt is the only sprinter to win Olympic 100 m and 200 m titles at three consecutive Olympics (2008, 2012 and 2016).
He also won two 4 × 100 relay gold medals.

Bolt Pose is an iconic celebration!

I can statements	✓ X
Running/ pumping arms at various speeds	
Throw a variety of objects with some accuracy	
Jumping, bending knees and pushing off – being competitive to improve distance as a pair	
Co-operate and compete in a team in various running games.	
Leaping over throw down strips and low hurdles when moving	

Anything else you have learnt? What have you enjoyed?