



Athletics

Year 1: Summer 2

<p>Coverage:</p> <ul style="list-style-type: none"> • Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. 	<p>Knowledge and Key vocabulary:</p> <ul style="list-style-type: none"> • Jumping • Throwing • Running • Sprinting • Accelerate • Control and balance • Take off and landing • Body position • Hip direction • Finishing position • Footwork patterns 	
<p>Thrive Link</p> <ul style="list-style-type: none"> • I can follow instructions • I persevere with tasks that I find hard • I can try new activities, even when I am unsure • I can be safe • I am beginning to work within a small team 	<p>Physical Skills</p> <ul style="list-style-type: none"> • I am beginning to show control when jumping • I am beginning to show control when running • I am beginning to start and stop with balance • I am beginning to show an awareness of others • I am beginning to understand how my body works during different activities • I am beginning to show control when changing speed and direction • I am beginning to show control when throwing at a target • I am beginning to show control when throwing for distance • I am beginning to develop leaping 	
<p><u>Technique</u></p> <p>Throwing at a target - hips front on</p> <p>Throwing for distance - hips side on</p>		