

Prior Learning: In year 1 children developed their running, jumping and throwing skills. They threw various objects and started to think how they stand. They jump in various ways including 2 feet to 2 feet (the beginning of a standing long jump) and began to measure this. They also worked in teams to take part in events. They began to compete against themselves and others in races and fun games.

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

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

Speed

Accuracy

Competition

Challenge

Personal Best

FAST

Control

Distance

Measure

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



Inspirational Athletes

Jessica Ennis

Olympic champion and three-times world champion heptathlete, Jessica Ennis-Hill is one of Great Britain's most successful athletes.

