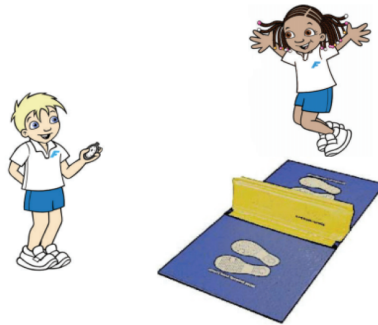


Prior Learning: In Early years, children began to develop fundamentals of movement e.g. walking, running, jumping, hopping, skipping. They began to jump over a variety of objects. They threw a variety of objects into targets. They also developed their balancing skills when moving.

Physical Me

- **Running** - Shuttle runs/sprints
- **Leaping** - Over objects
- **Throwing/Pushing** - At a target
- **Skipping** - With a hoop
- **Jumping** - Speed bounce, long jump, for height
- **Co-ordination** - Jumping



Key Skills

Thinking Me

- To improve my performance

Value Me:

- Determination
Try, Try, Try again!

Social Me

- Co-operate with others

Key Vocabulary

Jump

Leap

Skip

Personal best

Determination

Counting

Team

Skipper

Mini Coaches

Key Knowledge

Standing Long Jump- Jumping two feet to two feet

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

Personal Best (PB)- To beat your own score

Skipper - Jumping through a hoop

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