

Prior Learning: In Year 1, children learned different ways of jumping (for height and for distance). They also learned how to speed bounce over a cone. They looked at different ways of trying to get faster at the speed bounce and running. Children were also introduced to racing on their own and as a team.

Physical Me

Key Skills

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



Thinking Me

- To improve my performance

Value Me:

- Determination
- Teamwork

Social Me

- Listening to others
- Support others

Key Vocabulary

Speed Bounce

Sprint

Race

Jump

Personal Best

Faster

Teammate

Encourage

Mini Coaches

Key Knowledge

Standing Long Jump- Jumping two feet to two feet

Personal Best- To beat your own score

Race - A race is a competition to see who is the fastest, for example in running the 100 metres.

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