

**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

- **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

## Key Skills

### Thinking Me

- To improve my performance

### Value Me:

- Determination
- Teamwork

### Social Me

- Listening to others
- Support others



## Key Vocabulary

Speed Bounce

Sprint

Length

Centimetres

Personal Best

Faster

Teammate

Encourage

Metre

## 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