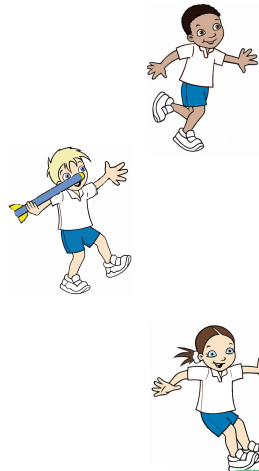


**Prior Learning:** In year 1 children developed their running, jumping and throwing skills. They threw various objects and started to think how they stand. They jump in various ways including 2 feet to 2 feet (the beginning of a standing long jump) and began to measure this. They also worked in teams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

## Physical Me

- **Running** - Straight runs  
- Through ladders
- **Throwing** - Overarm  
- 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
- 1500 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.

