

# Year 1 Athletics

This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve our skills through athletics. In addition, we evaluate and recognise our own successes.

Athletics:

We will learn to use running, jumping, throwing and catching in isolation and in combination. Also, compare our performances with previous ones and demonstrate improvement to achieve our personal best.

Key Vocabulary			
run	jump	throw	catch
baton	ball	100m	short distance
long distance	javelin	shot put	discus
pace	time	distance	personal best
compete	competition	competitors	track



Questions to develop learning	5-star self-rating
Can I run and jump over given obstacles? (hurdles and cones)	★ ★ ★ ★ ★
Can I use different techniques to throw a ball over a long distance.?	★ ★ ★ ★ ★
Can I use different techniques to throw a ball at a target?	★ ★ ★ ★ ★
Am I able to jump and land safely?	★ ★ ★ ★ ★
Can I use different techniques to jump over obstacles and distances?	★ ★ ★ ★ ★