PE Year 2/3

Topic- Athletics

What is this topic about?

In athletic activities, children think about how to achieve the greatest possible speed, height, distance or accuracy. Children will concentrate on developing good running, jumping and throwing techniques. They will take part in simple challenges and competitions including sports day. Children will increase their awareness of speed and distance.



I will show my PE skills by…

Completing an obstacle course
Underarm and overarm throw
Push throw
Jumping for distance
Running

At the end of the Topic I will…

Know how to perform a jump for distance (hop, skip and jump).
Know how to run to achieve the greatest possible speed.
Know how to perform an overarm throw accurately.
Know how to perform an underarm throw accurately.
Know that determination is needed in athletics.



KEY VOCABULARY

determination, personal best, safety, sprint, underarm throw, overarm throw, distance, speed, accuracy, obstacle course, technique, push throw.