PE Year R/1

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 explore the fundamental movement skills of running, jumping, hopping and throwing activities. 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…

Running and changing direction
Hopping
Rolling a ball
Underarm throw
Jumping as far as possible and landing safely

At the end of the Topic I will…

Know how to roll a ball underarm with opposite foot to arm.
Know how to run and change direction with some control.
Know how to jump 2 feet to 2 feet for distance.
Know how to perform at least 5 rhythmical hops.
Know how to roll a ball at a target
Know that determination is needed in athletics.



KEY VOCABULARY

determination, personal best, safety, sprint, competition, aim, throw, direction, run, jump, hop, roll, target, underarm throw, speed, distance