

P.E.-Early Years/Year1/Year 2-Athletics-Summer Term

| Key Vocabulary | Definition |
|----------------|---------------------------------------------------------------------------------------|
| Sprint | Run at full speed over a short distance. |
| Jog | Run at a steady, gentle pace. |
| Baton | A short tube passed from runner to runner in a relay race. |
| Relay Race | A racing competition where members of a team take turns completing parts of the race. |
| Underarm Throw | Throw made with the arm and hand below shoulder level. |
| Overarm Throw | Throw made with the hand or arm passing above the level of the shoulder. |

By the end of this unit, I will be able to:

Sprint a distance of 50m using appropriate arm movement and stride length.

Pass a baton using correct technique in 4 x 50m sprint.

Sprint hurdle over low hurdles maintaining balance/stride pattern/momentum.

Jog a distance of 400-600m with appropriate pace/stride length/breathing technique/head position in order to avoid stopping.

Use arm swing/knees bent for two footed standing long jump with two footed landing/feet together/falling forward.

Use bent knees and vertical upthrust for two footed standing high jump.

Throw beanbags underarm for accuracy.

Throw cricket ball underarm at stumps for accuracy.

Throw a tennis ball underarm for distance.

Throw a tennis ball overarm for distance.

Throw a foam javelin overarm for distance.

What I need to know?

In the Olympics, athletes throw: the hammer, javelin, discus, shot put.

In the Olympics athletes: long jump, triple jump and high jump.

In the Olympics athletes sprint: 100m, 200m, 400m.

In the Olympics athletes also run: 800m, 1500m, 5000m, 10000m, the marathon (about 26 miles).

Katarina Johnson Thompson is a famous heptathlete.

Tanni Grey-Thompson is a famous Paralympian athlete.

