



## Links to the PE National Curriculum

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- They should be able to engage in competitive (both against self and against others) physical activities.
- Pupils should be taught to master basic movements including running, jumping, throwing as well as developing balance, agility and co-ordination.

## Key Skills: Physical

- Running at different speeds
- Combining running and jumping
- Agility and coordination
- Jumping for distance
- Jumping for height
- Throwing for distance



## Key Skills: S.E.T

- Social: Working safely
- Social: Collaborating with others
- Emotional: Working independently
- Emotional: Determination
- Thinking: Observing and providing feedback
- Thinking: Exploring ideas

## Official Athletic Events

### Running

- Sprinting**  
100m, 200m, 400m
- Hurdles**
- Relay**
- Middle distance**  
800m, 1500m
- Long distance**  
5,000, 10,000
- Steeplechase**

### Jumping

- Long jump**  
Jump for distance
- Triple jump**  
Jump for distance
- High jump**  
Jump for height
- Pole vault**  
Jump for height

### Throwing

- Discus**  
Fling throw
- Shot**  
Push throw
- Hammer**  
Fling throw
- Javelin**  
Pull throw

## Key Vocabulary:

Encourage pupils to use this language in your lessons.

**Speed** • **Jog** • **Sprint** • **Pace** • **Balance**  
**Direction** • **Take off** • **Landing** • **Swing**  
**Height** • **Distance** • **Overarm** • **Underarm**

## Teacher Glossary

**Pace:** the speed at which a performer runs

**Agility:** the ability to change direction quickly and easily

**Jump:** take off and land on two feet

**Hop:** take off on one foot and land on the same foot

**Co-ordination:** to move different body parts at the same time



# Where this unit sits



## Assessment Criteria

### Year 1

- I am able to throw towards a target.
- I am beginning to link running and jumping movements.
- I am beginning to show balance and co-ordination when changing direction.
- I am developing over arm throwing.
- I can recognise changes in my body when I do exercise.
- I can run at different speeds.
- I can work with others and make safe choices.
- I try my best.
- I understand the difference between a jump, a leap and a hop and can choose which allows me to jump the furthest.

### Year 2

- I can describe how my body feels during exercise.
- I can identify good technique.
- I can jump and land with control.
- I can link running and jumping movements with some control and balance.
- I can use an overarm throw to help me to throw for distance.
- I can work with others, taking turns and sharing ideas.
- I show balance and co-ordination when running at different speeds and in different directions.
- I try my best.

### Year 3

- I am developing jumping for distance and height.
- I can identify when I was successful.
- I can take part in a relay activity, remembering when to run and what to do.
- I can throw a variety of objects, changing my action for accuracy and distance.
- I can use different take off and landings when jumping.
- I can use key points to help me to improve my sprinting technique.
- I can work with a partner and in a small group, sharing ideas.
- I show determination to achieve my personal best.
- I understand the benefits of exercise.
- I understand why it is important to warm up.

## Progression of Skills Ladder

Other units that progress into this activity are:

- Ball Skills
- Fundamentals
- Games

	<p><b>Running</b> Develop the sprinting technique and apply it to relay events.</p>	<p><b>Running</b> Develop fluency and rhythm when running over obstacles.</p>	<p><b>Year 3</b></p>	<p><b>Jumping</b> Develop technique in a range of approaches and take off positions.</p>	<p><b>Jumping</b> Develop jumping for height and safety on landing.</p>	<p><b>Throwing</b> Explore the technique for a pull throw.</p>
	<p><b>Running</b> Develop the sprinting action and explore rhythm when running over obstacles.</p>	<p><b>Jumping</b> Develop jumping, hopping and skipping actions.</p>	<p><b>Year 2</b></p>	<p><b>Jumping</b> Explore safely jumping for distance and height.</p>	<p><b>Throwing</b> Develop overarm throwing for distance.</p>	
	<p><b>Running</b> Explore running at different speeds and explore running over obstacles.</p>	<p><b>Jumping</b> Develop balance whilst jumping and landing.</p>	<p><b>Year 1</b></p>	<p><b>Jumping</b> Explore hopping, jumping and leaping for distance.</p>	<p><b>Throwing</b> Explore throwing for distance and accuracy.</p>	

