PE

Athletics - KS1

Key Vocabulary

changing speed	landing
underarm	counting
push and pull throw	distance
take off	patterns
sprint	track
changing direction	lane

Key Knowledge and Skills

Children will learn:

- To change speeds and how to correct running styles, in order to develop speed and rhythm.
- How to throw using various techniques to develop throwing for accuracy and distance.
- How to jump over obstacles correctly and jumping for distance with different take offs and landings.
- How to work as a team in relay activities.

Key Questions & Physical Wellbeing

- How can I jump further if I change my take-off and landing?
- Which throwing techniques improve distance?
- Why is it important to be active regularly?
- What happens to your heart rate when you exercise?

Athletics Track



Quoits



Equipment

- cones/markers
- bean bags/balls
- mini hurdles
- tape measure
- quoits
- mats
- stopwatch