

Athletics

Key Vocabulary for Athletics

Hop – make a short bounce or leap on one leg.
Aim – to direct a shot at a target.
Bend – using force, move your body to create a bend.
Improve – to become better at an activity.
Direction – the path an object takes to reach a target.
Travel – move your body towards a target.

Key Knowledge for Athletics

Running: understand that if I swing my arms it will help me to run faster.
Jumping: know that landing on the balls of my feet helps me to land with control. Understand that if I bend my knees it will help me to jump further.
Throwing: know that stepping forward with my opposite foot to hand will help me to throw further.
Rules: know that rules help us to play fairly.

Key Skills for Athletics

Running: explore running at different speeds.
Jumping: develop balance whilst jumping and landing. Explore hopping, jumping and leaping for distance.
Throwing: explore throwing for distance and accuracy.

Pillars

Motor Competence - having a secure repertoire of fundamental movement skills and techniques that form increasingly complex movement patterns and sequences within domain-specific contexts.

Rules, Strategies and Tactics - having an increasingly complex tactical knowledge, knowledge of context-specific rules, conventions, regulations and strategies and knowing how to be successful across a range of activities and sports.

Healthy Participation - understanding and demonstrating how to safely prepare and participate in increasingly specific contexts, and the short-term and long-term impacts of sport and physical activity.

PE Year 1: Summer 2

Key Questions

Athletics

What do we need to do to run faster?
What action would you use to run long distance and short distance?
How do we maintain balance?
Why do we need to be honest and play by the rules?
What type of jump gets us the furthest?
How do we land with balance and control?
What do we need to do with our body to throw far and accurately?

Invasion

Why do we shake hands after a game?
What is possession?
How do we know our teammate is ready to receive?
How do we play fairly?
What is an interception?
How do we defend successfully?
What makes a good teammate?

Invasion

Key Vocabulary for Invasion

Dodging – moving out of the way of an object or opponent.
Attacker – a player who is aiming to score points or goals.
Defender – a player trying to stop an opponent from scoring a point or goal.
Dribbling – moving with the ball under close control.
Points – rewards for scoring a goal or achieving an aim of a game.
Score – points awarded for achieving an aim.

Key Knowledge for Invasion

Sending & receiving: know to look at my partner before sending the ball.
Dribbling: know that moving with a ball is called dribbling.
Space: understand that being in a good space helps us to pass the ball.
Attacking: know that being able to move away from a partner helps my team to pass me the ball.
Defending: know that staying with a partner makes it more difficult for them to receive the ball.
Tactics: know that tactics can help us when playing games.
Rules: know that rules help us to play fairly.

Key Skills for Invasion

Sending & receiving: explore sending and receiving with hands and feet to a partner.
Dribbling: explore dribbling with hands and feet.
Space: recognise good space when playing games.
Attacking: explore changing direction to move away from a partner.
Defending: explore tracking and moving to stay with a partner.