



Year 2

Run Jump Throw Unit 1

Key Vocabulary

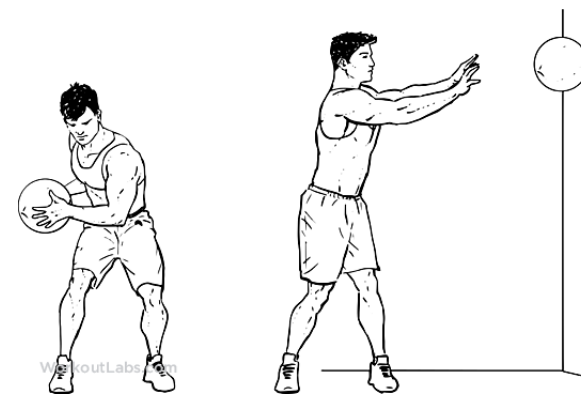
forward	The direction you are facing
backwards	The direction behind the way you are facing
sideways	The direction to the side of the way you are facing
far	A long way away from you
high	A long distance up
straight	To move in a line rather than a curve
furthest	The area as far away as possible
power	The hardness in which something is hit or thrown or the effort put into a travel
distance	How far or how short something is hit or thrown or someone travels

Unit focus

- Be able to make it difficult for their opponent to score a point
- Begin to choose specific tactics appropriate to the situation
- Transfer net/wall skills to volleyball style games
- Improve agility and coordination and use in a game



Forward jumping



Sideways throw

6 hours

Lesson 1

- Play with a partner to gather objects from around the room
- Count objects gathered to record a score
- Be aware of others around when running

Lesson 2

- Recognise powerful actions
- Explore different ways to generate power to start different actions such as running, jumping, hopping, striding

Lesson 3

- Participate in obstacle relay
- Modify movements to adapt to the task, e.g. doing a burpee and then jumping on a box top.

Lesson 4

- Participate in three different throwing games
- Use a variety of different throws according to the game
- Explore which throws are better for accuracy, which are better for distance and which are better for height

Lesson 5

- Copy and repeat actions with accuracy
- Analyse performance to judge differences in the game at the beginning and the end

Lesson 6

- Perform a variety of static and dynamic balances
- Identify the difference between a static and dynamic balance
- Devise own static and dynamic balance sequence

English/Maths Links

Literacy: Describe the differences between static and dynamic balances.

Numeracy: Counting items collected with different values.