



Year 2

Run Jump Throw Unit 2

Key Vocabulary

lunges	A move which involves stretching leg muscles
strength	The power you have that makes you strong
repetition	To keep repeating something
accuracy	When you are careful to throw or hit the correct way
stamina	When you can keep going at the correct strength level throughout the activity
fitness	When you are fit and healthy
persevere	To keep trying to do the best you can do
tally	A score or amount
develop	To grow in the correct way
lap	One way round a track or circuit
Cooperate	To work with others to try your best

Unit Focus

- Improve running and jumping movements, work for sustained periods of time
- Reflect on activities and make connections between a healthy active lifestyle
- Experience and improve on jumping for distance and height



A lunge

6 hours

- Work individually to run for a sustained period
- Discuss thoughts and feelings surrounding the physical challenges
- Work cooperatively to complete a jumping and throwing task

Lesson 4

- Run as a team
- Develop stamina through consistent running activity
- Attempt a new breathing technique

Lesson 2

- Play games to improve jumping skills
- Develop strength through isolated strength-building activities
- Participate in a jumping game

Lesson 5

- Performing under pressure
- Work cooperatively to develop a skill
- Throw and catch through a moving target

Lesson 3

- Throw demonstrating power
- Attempt to throw with accuracy
- Explain how resistance affects the flight of an object, e.g. ball/shuttlecock

Lesson 6

- Perform a range of skills in competition
- Compete as part of a team
- Persevere to complete a task

English / Maths Links:

Literacy: Talk around issues of health, fitness and activity in and out of school

Numeracy: Recording and reporting scores, using more complex addition