



Year 1

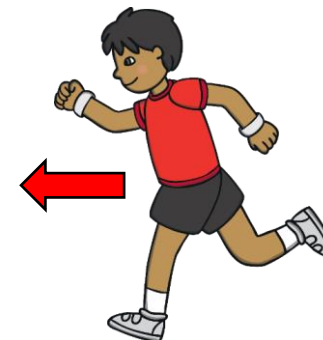
Run, Jump, Throw-Athletics

Key Vocabulary

Backwards	Movement in the direction of one's back
Forwards	Movement in direction one is facing or travelling
Distance	The length of space between two points
Far	At a great distance
Furthest	Situated at the greatest distance
Sideways	To move from the side
Step	To move by putting one leg in front of the other in walking or hopping
Straight	Moving in a direction which has no curve or bend
Throw	Propel with force through the air by a movement
Hop	To move by jumping on one foot

Unit focus:

- To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities in the context of moving at different speeds.



6 hours

Lesson 1

Discover ways to move objects quickly.
Identify which ways to move objects is quickest.
Experience a variety of ways to move between hoops.

Lesson 2

Run in a straight line at different speeds.
Show power at the start of a run.
Perform runs as part of a team.

Lesson 3

Experience a variety of jumps.
Perform a standing long jump.
Identify how to take off.

Lesson 4

Throw a range of objects over distance.
Adapt throwing styles to different objects.
Identify some differences in throwing styles.

Lesson 5

To explore and refine basic agility, balance and coordination skills.
Perform and show improvement.

Lesson 6

Use running, throwing and jumping skills.
Compete with others.
Say how you could have improved.

Links

Literacy: Describe techniques in a variety of run, jump and throw activities.

Numeracy: To remember and recall distance achieved in running and/or jumping.