

Prior Learning: In Early years, children began to develop fundamentals of movement e.g. walking, running, jumping, hopping, skipping. They began to jump over a variety of objects. They threw a variety of objects into targets. They also developed their balancing skills when moving.

Physical Me

- **Running** - Shuttle runs/sprints
- **Leaping**
- **Throwing/Pushing** - At a target
- **Skipping** - With a hoop
- **Jumping** - Speed bounce, long jum, for height
- **Co-ordination** - Jumping

Key Skills

Thinking Me

- To improve my performance

Value Me

- Determination
Try, Try, Try again!

Social Me

- Co-operate with others



Key Vocabulary

Race

Leap

Skip

Personal best

Determination

Counting

Team

Skipper

Mini Coaches

Key Knowledge

Standing Long Jump- Jumping two feet to two feet

Jumping - Swing arms and bend knees to help you get further.
- Safety - bend at the knees when landing

Personal Best (PB) - To beat your own score

Skipper - Jumping through a hoop

Athletic Events

Track Events:

- 100m sprint
- 200m sprint
- 400m sprint
- 800m middle distance
- 1500m middle distance

Field events:

- Javelin throw
- Long Jump
- Triple Jump
- Shot put
- Discus
- High Jump