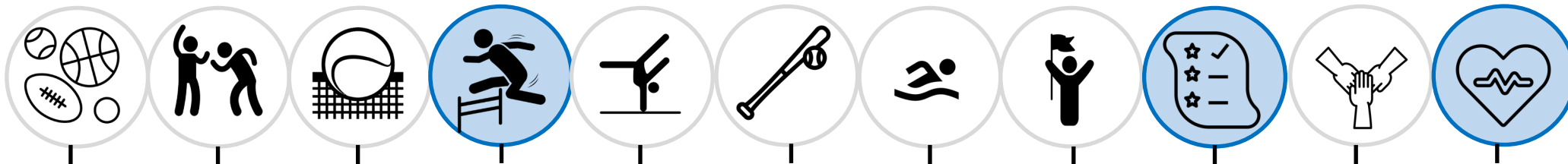


# EYFS and KS1 Athletics



## KEY VOCABULARY:

Balance	To stay still and steady in a position or shape
Target	An aim
Throw	Propel (something) with force through the air by a movement of the arm and hand.
Run	To move at a speed faster than a walk never having both or all the feet on the ground at the same time.
Jump	Push oneself off a surface and into the air by using the muscles in one's legs and feet.
Sprint	Run at full speed over a short distance.

## As athletes we will:

Demonstrate running, jumping, throwing and catching in isolation and in combination.

Move with control, agility and confidence.

Apply different types of movements linked to running to ensure it is embedded.

Jump with control and perform five basic jumps ( 2-2, 1-2, 2-1, 1-1 same foot & 1-1 different feet.

Show control at take off and landing.

Throw different objects in a variety of ways & describe the ways of throwing..

## As evaluators we will:

Work towards being able to identify a good performance and explain why

## Key concepts:

### Performance:

- Speed: moving body or parts of body at controlled pace
- Physical literacy: performing with confidence, performing actions accurately

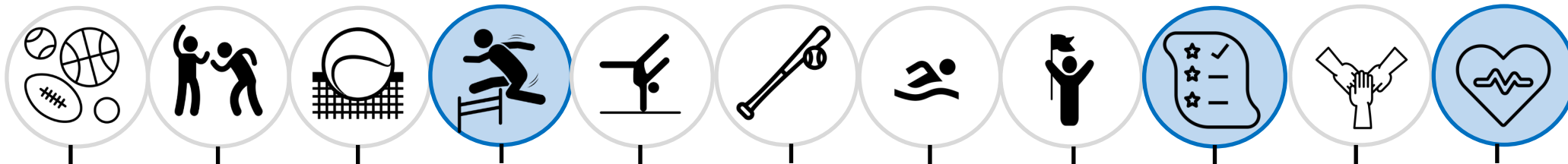
### Sportsmanship:

- Determination: self improvement, resilience, personal best.

### Fitness:

- Understanding the importance of a warm up to prevent injury,

# KS2 Athletics



## KEY VOCABULARY:

**STAMINA -** The ability to perform physical activity for a sustained period of time.

**ACCURACY -** Being able to make passes and tags making sure they get to the location the player is aiming for.

**SPATIAL AWARENESS -** Being aware of other players on the pitch. Moving without causing collision.

**FLUENCY -** To be able to move and perform skills with ease.

**TECHNIQUE -** The safe method performers have been taught to perform a skill such as javelin and standing long jump.

**CONTROL -** Changing the speed and direction you move and keeping balanced whilst doing it.

## As athletes we will:

To set target times to achieve over short and longer distances, sustain a pace and effort over longer distances & know how the body works in different challenges over different distances.

Perform different techniques for throwing over a distance. Throw with accuracy & control to hit a target within javelin, shot put & Discus.

Perform a fluent sprinting start technique and link smoothly to a running motion.

Perform the hand over of a baton within a relay competition fluently.

Perform a range of jumping techniques for standing long jump and speed bounce.

Develop the technique to perform a triple jump.

Discuss ways to improve technique and performance.

## As evaluators we will:

Work towards being able to comment on tactics and techniques to help improve performances.

## Key concepts:

Performance:

- Speed: moving body or parts of body at controlled pace
- Moves fluently and can perform a range of skills confidently

Sportsmanship:

- Listens actively, respects the opinion of others and contributes ideas.

Fitness:

- Have a range of physical, social and cognitive skills to utilise across the curriculum