



Athletics - Year 1



Key Vocabulary

balance	hop	safely
bend	jog	target
control	jump	time
direction	leap	underarm
further	overarm	walk
	quickly	

 This unit will help you to:

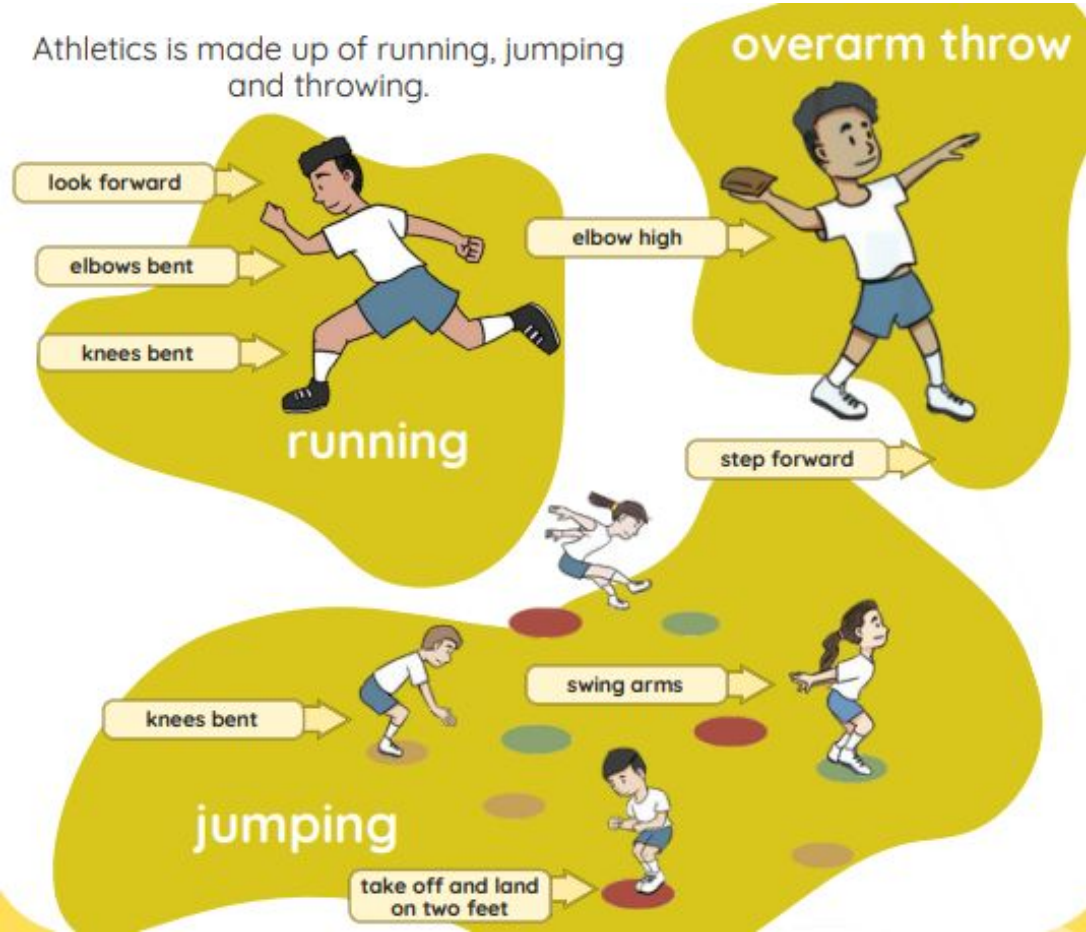
- change direction
- balance
- move different body parts at the same time
- be faster
- move for longer
- be stronger

PE KNOWLEDGE ORGANISER

Key Skills - Physical	Key Skills – S.E.T
run balance agility co-ordination hop jump leap throw	Social: work safely Social: work collaboratively Emotional: perseverance Emotional: independence Thinking: reflection Thinking: select and apply skill

Assessment Criteria

- I can throw towards a target
- I can show balance and co-ordination when changing direction
- I am developing overarm throwing
- I recognise changes in my body when I exercise
- I run at different speeds
- I can work with others to make safe choices
- I try my best
- I understand the difference between a jump, a leap and a hop and can choose which allows me to jump furthest



Inspiring Athlete

Jessica Ennis Hill



slow

pathway

beat

copy