

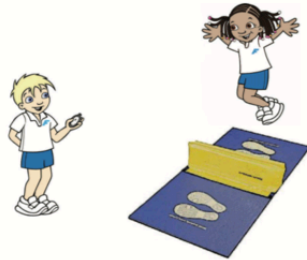
# Year 2 - Indoor Athletics - HT4



**Prior Learning:** In Year 1, children learned different ways of jumping (for height and for distance). They also learned how to speed bounce over a cone. They looked at different ways of trying to get faster at the speed bounce and running. Children were also introduced to racing on their own and as a team.

## Physical Me

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



## Key Skills

## Thinking Me

- To improve my performance

## Value Me:

- Determination
- Teamwork

## Social Me

- Listening to others
- Support others

## Key Vocabulary

Speed Bounce

Sprint

Race

Jump

Personal Best

Faster

Teammate

Encourage

Mini Coaches

## Key Knowledge

**Standing Long Jump**- Jumping two feet to two feet

**Personal Best**- To beat your own score

**Race** - A race is a competition to see who is the fastest, for example in running the 100 metres.

## 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

## I can statements



Throwing with control using a sitting chest push

Use arms to improve jumping technique – beating their own score

Speed bounce over a cone/mat

Leaping developing co-ordination of 3 big leaps

Skipping – stepping/jumping through the hoop with some control

Vertical jump – standing side on, jumping up to target

Compete in a team in various running races and working together to improve team performance

Anything else you have learnt? What have you enjoyed?