

# Year 1 - Indoor Athletics - HT4



**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.

## Key Skills

### 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

### 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

## I can statements

✓ X

Throwing using a sitting chest push-small ball

Jumping bending knees and pushing off – being competitive to improve distance

Speed bounce/jump over a throw down strip, cone, spot

Leaping developing co-ordination

Skipping – stepping though the hoop- two feet or one at a time

Vertical jump – co-ordination of banana splat tap- jumping at various heights

Co-operate and compete on own and in a team in various running games

Anything else you have learnt? What have you enjoyed?