



KS1

PE

Athletics



Key Vocabulary

| | |
|----------|-----------|
| Walking | Running |
| Standing | |
| Jumping | Throwing |
| Overarm | Underarm |
| Sling | Push |
| Speed | Direction |
| Obstacle | Technique |

Pupils should be taught:

To use running, jumping & throwing & develop flexibility, strength, technique, control & balance.

Running

- To run in a coordinated & fluent way
- To run at different speeds over obstacles
- To use different techniques & speeds to tackle a variety of obstacles
- To change speed & direction when running

Jumping

- To jump from standing & jump accurately from standing
- To use arms effectively to aid jumping
- To run & jump

Throwing

- To throw with one hand using underarm & overarm (& throw different objects)
- To send using sling & push shots
- To link movements in a coordinated & controlled way



Forest School

Jumping over logs & other objects

Obstacle course

Therapy (SALT/OT)

Symbols for directions & actions

Gross motor skills programme

Equipment/Apparatus

| | | |
|-----------|--------------|----------------|
| Hurdles | Balls | Measuring Roll |
| Bean Bags | Soft Javelin | Shot Putt |
| Discus | Cones | |

Outcomes (from the DfE PE Programme of Study)

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.