



KS2

PE
Athletics



Key Vocabulary

Walking	Running
Speed	Distance
Sprint	Starting
Passing	Receiving
Technique	Coordinated
Accuracy	Baton
Javelin	Discus
Shot Putt	Hammer

Pupils should be taught:
To use running, jumping & throwing & develop flexibility, strength, technique, control & balance.

Running

- To be fluent when walking and running
- To know and use the correct speed for distance (eg sprint & long distance)
- To accelerate quickly from a starting position
- To work as a team eg passing & receiving a baton

Jumping

- Use a variety of jumps and take running jumps
- To show technique when jumping, using arms and lifting knees
- Take off in a coordinated way

Throwing

- Show & use a range of throwing techniques
- To send objects accurately & aim at targets
- To use correct throw for different activities eg shot putt, javelin, hammer & discus

 **Forest School**

Stick javelins
Shot putt mud balls

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	Hammer
Stop Watch		

Outcomes (from the DfE PE Programme of Study)

Pupils should continue to apply & develop a broader range of skills, learning how to use them in different ways & to link them to make actions & sequences of movement. They should enjoy communicating, collaborating & competing with each other. They should develop an understanding of how to improve in different physical activities & sports & learn how to evaluate & recognise their own success.