

Year 1 Term 6

What do we need to survive?
PHYSICAL EDUCATION (Athletics)



National Curriculum Links

Master basic movements including jumping, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

Participate in team games, developing simple tactics for attacking and defending.

Essential Prior Learning

Children should be able to:
Negotiate space and obstacles safely, with consideration for themselves and others;
Demonstrate strength, balance and co-ordination when playing; Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Progression in Skill

Throwing: Understand how body strength can change the distance when an object is thrown. Aim and throw an object into a contained given space (e.g. hoop) using an underarm throw. When throwing, front foot points forward (opposite foot to throwing arm); body side on to target; bring throwing arm back; opposite hand pointing towards the target. Throw item; follow through with the hand.

Running: Vary running speeds, differentiating between jogging, sprinting and running. Show an awareness of space to adapt the speed at which travelling.

Jumping: Begin link running and jumping movements together e.g. short run into a jump: one foot to two feet.

Lean forward when taking off, swinging arms fast and straightening legs quickly, bending them to land safely.

Long-term Memory Knowledge

Demonstrate an underarm throw.
Understand when to change their action when throwing objects for different distances.
Show an awareness on whether to jog or sprint according to the distance.
Demonstrate different jumps from standing and from running, e.g. a short run followed by a jump from one foot to two feet.

Key Vocabulary

underarm throw	tossing a ball or beanbag forward from below shoulder level using a gentle swinging motion
aim	to use the body— hands, arms, or feet—to direct a ball or beanbag towards a specific target
distance	how far the ball travels when you throw it
jog	to run slowly
sprint	a short, fast run

Progression in Resources:

beanbags
large soft balls,
smaller soft balls,
spots, cones, hoops, floor ladders

Relevance

Now	Children learn to throw using an underarm throw. They run and jump with control, choosing when to jog or sprint, and how to jump and land safely. This helps them move confidently and enjoy taking part in physical activity.
Future	Children understand how these skills support fitness, coordination and wellbeing, and recognise athletics as a positive way to stay healthy and enjoy being active with others.
Aspiration	Children may feel encouraged to join clubs, try new sports or take part in events, developing lifelong healthy habits and possibly exploring future roles or interests within sport or physical activity.