



Key Vocabulary

Control
Sprint
Speed
Distance
Throw
Jump



Athletics

PE KSI



Physical wellbeing

I can recognise how the body feels during and after physical activity.

I know how to stay safe during throwing activities.

Key knowledge and skills

Throwing:

I know how to throw different types of equipment with accuracy and distance.

Running:

I know how to travel at different speeds and begin to select the most suitable pace for distance and speed.

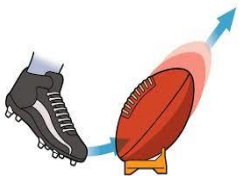
Jumping:

I know how to jump and land in a variety of ways showing fluency and control.



Links to other subjects:

Science (Health and growth)
Science (Forces)



Links to prior learning:

I know how to show resilience when learning a new skill.

Next steps:

Build up speed quickly for sprinting events.

Head



Understanding
Rules

Heart



Effort
Resilience
Confidence

Hands



Technique
Physical ability