

## Year 2 Athletics

### National Curriculum objectives

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

### Key Learning

- Developing awareness of speed when running a short distance, including control and fluency in movements; understanding how their body reacts when running
- Jump for distance. Developing awareness of space, height, and distance
- Adjust and make changes to running speed when completing different distances
- Throw and aim with accuracy towards a given target
- Choose the best way to throw different pieces of equipment dependent on size & weight

### Equipment

- |                     |                        |                        |
|---------------------|------------------------|------------------------|
| • Agility ladders   | • Flat markers         | • Mini-hurdles         |
| • Basketball hoop   | • Foam discus          | • Netballs/Basketballs |
| • Batons / beanbags | • Foam javelins        | • Quoits               |
| • Beanbags          | • Gym mats             | • Ropes                |
| • Bibs              | • Hoops                | • Stop watches         |
| • Buckets           | • Large bouncing balls | • Taller hurdles       |
| • Cones             | • Large soft balls     | • Tennis balls         |

### Key Questions

What changes to your body did you notice when completing this activity?

Apart from legs, which body parts are important when you run?

What is the difference between a pull throw and a push throw?

What does 'endurance' mean?

### Key Vocabulary

- Aiming:** Preparing to throw or hit the ball towards a given target or in a specific direction.
- Balance:** To stay still and steady in a position or shape. To keep steady on your feet while moving and performing skills.
- Baton:** A short stick passed from runner to runner in a relay race.
- Clearing:** Passing over or around an obstacle without touching it.
- Consistency:** When something does not change very much.
- Control:** To perform movements and skills without losing your balance, change the speed and direction you move.
- Distance:** Length covered e.g. by a runner, by a throw, by a jump.
- Endurance:** Being able to keep running, quiet slowly, for a long time without stopping.
- Height:** The distance from the bottom of something to the top.
- Hurdles:** Upright obstacle frames that need to be jumped over in a race.
- Long jump:** Jumping as far as you can.
- Momentum:** When something keeps moving it has momentum.
- Non-throwing arm:** The arm that you do not hold the object you are throwing with.
- Obstacles:** Objects which you must get over or around to complete your run.
- Overarm:** A throw or bowl with the hand or arm passing above the shoulder.
- Power:** Makes you able to move at high speed or to push or pull something hard.
- Recovery:** The time after exercise when you get your breath back.
- Relay race:** When runners take turns and pass something to each other on the way to the finish.
- Rolling:** When a ball or quoit moves across the ground, turning over and over and over...
- Shuttle Run:** Running back and forth between two cones.
- Speed:** How quickly something happens.
- Sprinting:** Running at full speed over a short distance.
- Strides:** A longer step than usual, often when you are running.
- Targets:** Marks which you try to hit when throwing.
- Triple jump:** A hop, then a step, then a jump.

### Safety

- Remove all jewellery including earrings
- Long hair must be tied back
- Wear suitable footwear
- Use correct techniques
- Complete a warm-up and cool-down