

Year 1 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

- Run fast from a standing start developing speed and coordination
- Jump and throw, developing coordination, agility, and rhythm
- Run and kick for accuracy and speed
- Basic throw, catch and skip developing hand-eye coordination and ball handling and throwing skills
- Basic bowl and step throwing with agility and with skill

Equipment

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| • Mats or grass area | Large playing area |
| • Marker cones (one for each Pupil) | Hoops |
| • Stopwatch | Sponge ball |
| • Foam javelins | Cones/skittles |
| • 6 balls | Bean bags |
| • Coloured bands (1 each) | Safety lines |

Key Vocabulary

- Aim:** Preparing to throw or hit the ball towards a given target or in a specific direction.
- Bowl:** To roll a ball along the ground.
- Catch:** To grab or capture the ball in your hand.
- Direct:** Point or line up towards something - e.g. direct your arm towards a target.
- Distance:** Length covered e.g. by a runner, by a throw, by a jump.
- Driving:** Powerful pushes and kicks.
- Javelin:** A light foam spear-shape thrown over a distance.
- Relay:** A sport event which has several stages which are performed by different members of the team.
- Run:** Faster than a walk and having both feet off the ground at times.
- Sprint:** A full speed run over a short distance.
- Strong leg:** Your stronger leg - that is normally used to jump from.
- Target:** A mark which is aimed at when throwing accurately.
- Throw:** To send something through the air when released from the hand using arm swing and movement.

Key Questions

Which technique helps to throw the ball higher?

Do you have a preferred kicking leg?

What went well and how could you improve?

How do you make a bowl shorter?

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