

Cremyll Class

Summer 1: 2022

P.E: Athletics



Running and racing on a track.

You need to stay inside the lines so that you don't run to far.



When you run a short distance you can sprint but when you have to go further you need to be a bit slower so you can run the whole way.

Egg and spoon.

You have to move a bit slower so the egg doesn't fall off but if you want to win you need to move as fast as you can.



You can only hold the spoon, you are not allowed to hold the egg on the spoon.

Sack race

It's tricky because you need to make sure your feet are all the way at the bottom.



It is best to jump using 2 feet rather than trying to walk or hop.

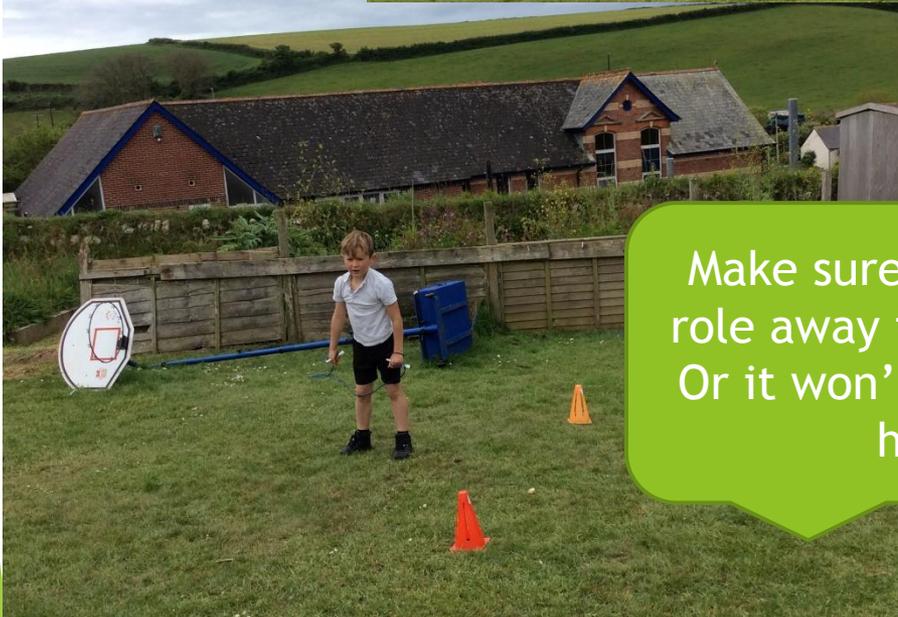
Don't forget to spring from your knees.



Skipping.



When you move and skip you need to gallop but when you skip on the spot you can jump



Make sure you hold the rope away from your hip. Or it won't go over your head.



PE FLE YR 2 Athletics

What we already know:

- Circuits last term we had to run between cones as fast as we could and pivot to change direction.
- EYFS have throwing, running and jumping activities in continuous provision.
- Science and what activities raise our heart rates and which do not.



Our Endpoint

To take part in a mini competition in class and apply all of our new skills learned.

Forever Facts

I know that I need to change my speed depending on the distance I am running.

I know that if I look where I want to throw something, it will be more accurate.

I know that when I jump, I should land with two feet together and bend my knees to protect my joints.

Skills

I can start to link skills and actions within simple games

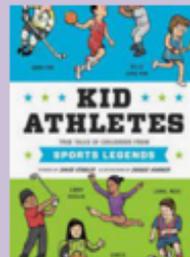
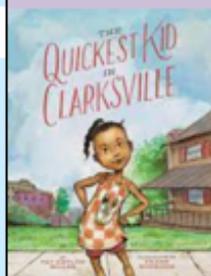
I can begin to understand some concepts of game e.g. opponent, team mate

I can begin to show some understanding of simple tactics

Culture Capital

- Setting ourselves goals to achieve.
- Taking part in competitions.
- Understanding why it is important to exercise and keep our bodies healthy.

Exciting books



Subject Specific Vocabulary

Flight	When you are moving fast and have both feet off the ground.
Race	A contest of speed - you need to move as quick as possible and try to get there faster than the other people in your race.
Pace	The steady speed you walk, run or move.
Walk, jog	Moving at a slower pace where one foot is always on the ground.
Run, sprint	Moving at a faster pace where at some points there are no feet on the ground. (in flight)