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| **Class 2 – Summer 1** **Athletics/Locomotion** |
| **Vocabulary****Run, throw, jump, speed, stamina, sprint, agility, breathing, muscles, heart rate, jogging, hurdles, obstacles, team, race, agility, power, distance, furthest, javelin, baton** |
| **People****Roger Bannister****Caster Semenya****Michael Johnson****Usain Bolt****Daley Thompson****Kathy Freeman****Tess Sanderson****Steve Backley****Mo Farah****Jess Ennis****Wayde Van Niekirk** |
| **Places****Cumberland arena (local)****Olympic stadium (London- olympic host venue)****Club Link – Crewe and Nantwich Athletics club** |
| **Events****Olympics (every 4 years – next Tokyo 2020) – last home Olympics London 2012****World Championships (Every 2 years – Next Doha 2019)****School sports day** |
| **Knowledge and Skills – Basic Level** |
| **Knowledge**:Can I help a partner to have the correct technique for?Can I discuss some parts of what happens to our body when we do some form of exercise? |
| **Skills**:Can I set a target to help me improve part of my performance?Can I understand how to jump? Can I throw a ball with the right technique sometimes? Can I pass a baton to a partner safely? Can I sometimes compete in a short-distance race?Can I change direction? |
| **Knowledge and Skills – Core Intermediate Level** |
| **Knowledge**:Can I help others to have the correct technique for running?Can I discuss with others mostly what happens to our body when we exercise? |
| **Skills**:Can I set myself a target so I can improve my performances in different events?Can I jump in a short distance? Can I throw a ball with the correct technique? Can I safely pass a baton to a teammate as part of a relay race? Can I compete in short distance races against others?Can I understand how to change direction at speed? |
| **Knowledge and Skills – Advanced Level** |
| **Knowledge**:Can I help others to have the correct technique for running and jumping?Can I discuss what happens to our body when we do all forms of exercise? |
| **Skills**:Can I set myself targets to improve my performance and understand what I can do to make sure I know how to improve?Can I jump for long and short distances showing the correct technique? Can I throw a ball or small javelin with correct technique to make sure it goes far? Can I safely pass a baton at speed to a teammate as part of a relay race? Can I compete in short and middle-distance races against others at speed?Can I change direction at speed? |