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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? |