



# Waterbeach Community Primary School

## Curriculum Capture for Year 1/2 PE: Athletics

Key Knowledge	
<p><b>Running and walking</b></p> <p><b>Walk</b></p> <ul style="list-style-type: none"> <li>keep their heads up and look ahead</li> <li>walk or run tall</li> <li>move lightly on the balls of their feet</li> <li>move opposite arms to legs</li> <li>swing their arms from the shoulders</li> <li>keep changing direction</li> </ul> <p><b>Run</b></p> <ul style="list-style-type: none"> <li>run at a comfortable pace</li> <li>move arms like pistons</li> <li>run in a controlled way</li> <li>move arms faster and lift knees higher when accelerating.</li> </ul>	<p><b>Running over obstacles</b></p> <p>Go over the obstacles in following ways:</p> <ul style="list-style-type: none"> <li>hop (1 foot to 1 foot),</li> <li>bound (1 foot to other foot),</li> <li>jump</li> <li>run with control and fluency</li> <li>keep head up and look ahead</li> <li>run tall</li> <li>pick knees up when approaching the obstacle.</li> </ul>
<p><b>Throwing for distance and accuracy</b></p> <p><b>Push Throw:</b> The throw begins from in front of the body close to the chest, neck or chin and can be one or two-handed. The thrower forces the implement forwards with a powerful pushing action.</p> <p><b>Pull Throw:</b> The throw begins from behind the shoulders and can be one or two-handed. The thrower forces the implement forwards with a fast pulling action.</p> <p><b>Fling Throw:</b> The fling throw is an underarm throw and can be performed facing the target for accuracy or by standing side on from the direction of the throw when generating force. The throwing implement is released midway between the waist and shoulder.</p>	<p><b>Jumping for Height and Distance</b></p> <ul style="list-style-type: none"> <li>swing their arms forwards at take off</li> <li>bend their knees at take off and landing (think of a tightly coiled spring ready to be released)</li> <li>jump from a balanced starting position</li> <li>land softly by bending the knees.</li> </ul> <p><b>Combination Jumping</b></p> <p>Combination jumping is where more than one jump is put together in a sequence as in the game of hop scotch. Combination jumps might include two or more of the following jumps:</p> <ul style="list-style-type: none"> <li>1 foot to 2 feet (jump)</li> <li>2 feet to 2 feet (jump)</li> <li>1 foot to the other foot (bound)</li> <li>1 foot to the same foot (hop)</li> <li>2 feet to 1 foot (jump)</li> </ul>

Vocabulary	
Accuracy	The quality or state of being correct or precise.
Distance	The length of the space between two points.
Direction	The course along which someone or something moves.
Height	Elevation above ground.
Obstacle	A thing that blocks one's way or prevents or hinders progress.
Combination	A coordinated and effective sequence of moves.
Control	Exercise restraint or direction over; dominate; command.
Sequence	A particular order in which related things follow each other.



**Running over obstacles**



**Throwing for distance and accuracy**

Key Skills
Recognise and describe what their bodies feel like during different types of activity.
Explore running, jumping and throwing techniques.