

Prior Learning

Experienced sending a variety of balls, quoits and beanbags. Can use a range of motor skills. Able to walk, run and travel at a variety of speeds.

Unit Focus

Begin to link running and jumping. Learn and refine a range of running. Develop throwing techniques to throw over longer distances.

We are learning...

1. to start and stop moving at speed.
2. to use our arms when running at different speeds.
3. to take off on two feet to jump at distance.
4. to use the correct technique to throw different objects for distance.
5. to show improvement in our throwing.
6. to take part in a competition using running, jumping and throwing skills.

Key Questions

1. How do you know when you have completed a good run, throw or jump?
2. How could you have improved your run, throw or jump?
3. How did you help your partner improve?

Equipment

A variety of balls, hoops, beanbags, quoits, throw-down markers, foam javelins, balloons, stopwatches, measuring tape, and skipping ropes.

Vocabulary

Backwards, distance, far, fast, forwards, furthest, high, hop, link, medium, fastest.

Rules

- Move equipment one at a time.
- Start behind a line for jumps.
- All throw and collect the equipment at the same time.

Assessment Overview

Head – Recognise and implement concepts such as waiting your turn.
Hand – Start and stop at speed and run in straight lines at different speeds.
Heart – Put in the effort and stay motivated when challenged.

