

Prior Learning

Begun to link running and jumping. Learnt and refined a range of running. Developed throwing techniques to throw over longer distances.

Unit Focus

Increase stamina and core strength. Work collaboratively on more complex tasks. Work to improve strength, balance, agility and coordination.

We are learning...

1. to use agile movements in different activities.
2. different ways to recognise the start and end of an activity e.g. whistle.
3. to develop stamina when running.
4. to develop core strength to improve throwing.
5. to stride and jump for height.
6. to choose the best starting position for running quickly.

Key Questions

1. What does it mean to run a lap?
2. What is your preferred type of jump or bound?
3. What is stamina?

Equipment

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

Vocabulary

Run, hop, skip, step, sideways, throw, slow, medium, agile, link, skipping, power, track, relay, tag, partner, sprint.

Rules

- Waiting for your turn.
- Distance is measured from the start line.
- Keeping within your own lane.

Assessment Overview

Head – Select the correct skill for the situation.

Hand – Perform skills and tasks in set times.

Heart – Work with a partner to help improve their performance.

