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| **Goonhavern Primary School** | | |
| **TOPIC: PE** | **YEAR: 2** | **STRAND: Athletics** |

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| **What should I know already?** | **What will I know by the end of the unit?** |
| -How to throw an object underarm  -How to throw an object overarm  -Improve distance of a throw using more power  -Throw towards a target with increasing accuracy  -Perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.  -Perform a short jumping sequence.  -Jump as high as possible.  -Jump as far as possible.  -Land safely and with control.  -Vary their pace and speed when running.  -Run with a basic technique over different distances.  -Jog in a straight line. Change direction when jogging.  -Sprint in a straight line. Change direction when sprinting. | Best technique for throw a variety of objects (e.g. javelin, football, beanbag, tennis ball, howler) |
| How to throw accurately to hit low, high, distant and moving targets |
| How to perform and compare different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot. |
| How to combine different jumps together with some fluency and control. |
| How to jump for distance from a standing position with accuracy and control |
| How to run at different paces, describing the different paces. |
| How to use a variety of different stride lengths. |
| How to begin to select the most suitable pace and speed for distance. |
| How to vary the speed and direction in which they are travelling. |
| How to run with basic techniques following a curved line. |
| Be able to maintain and control a run over different distance |
| **School Values** | |
| **Five Ways to Wellbeing** | |

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| **Vocabulary** | |
| Javelin | A light spear thrown in sport |
| howler | A rocket shaped object thrown in sport |
| Overarm | Arm swings above your head |
| Underarm | Arm swings below your hip |
| Long jump | Jumping as far forwards as you can |
| Triple jump | 3 steps before the jump is performed |
| Standing jump | Jumping from a standing position |
| Stride | The length of the step you take |
| speed | How fast you are moving |
| Distance | How far you have travelled |
| Consistency | Keeping something the same |

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| **Image/diagram that helps me to articulate my knowledge/understanding** | **Investigate!** |
| See Links ---> | Build up to sports day and incorporate the events into PE lessons.  Practise long and short distances. Including relay racing.  Bullseye game: <https://www.sportaus.gov.au/__data/assets/pdf_file/0005/703895/Bullseye.pdf>  Hit the Target Game:  <https://www.sportaus.gov.au/__data/assets/pdf_file/0011/703937/Hit-the-target.pdf>  Get the Beanbag:  <https://www.sportaus.gov.au/__data/assets/pdf_file/0003/703929/Get-the-bean-bag.pdf> |