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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>  |