

Athletics Year 1 Summer Term

Athletics in Year 1 will focus on children achieving their personal best through throwing, jumping and running events, which will result in a KS1 Sportsday at the end of the half term. Children will be introduced to the foam javelins and shown how to use them. Also, they will learn how to take part in a curling competition.

In this unit children will:

- Sprint in running races.
- Compete against each other and themselves.
- Throw bean bags and quoits at targets to score points.
- To take part in a curling competition to develop their accuracy and target skills.
- To throw foam javelins using appropriate techniques.
- To participate in KS1 Sportsday.

Equipment

- different sized balls bean bags
- Javelins, curling equipment
 - Hoops and quoits

Key Vocabulary

- Sprint – to run as fast as you can towards a winning line
- Competition – to take part in an activity where you can win as an individual or as part of a team.
- Tactics – the skills involved with winning a game.
- Aim – to target a throw at a particular scoring zone.
- Throw – to send a foam javelin through the air towards a target.



Sportsday events

- 1 Curling
- 2 Sprint races
- 3 Foam javelin
- 4 Bean bags into hoops
- 5 Hoops over the cones

