

Athletics

Year 2

P.E

What is this topic?

This topic is all about Athletics. This topic will draw on all our movement skills from across the year and ask us to put these into action when we have to negotiate our way through obstacle courses. We will also be putting our throwing and striking skills into action and aiming for set targets.

Key Skills:

- ❖ Throw accurately into a target
- ❖ Throw for distance and accurately
- ❖ Throw using a push and two-handed throw for distance
- ❖ To complete an obstacle course with speed and agility



Key Vocabulary

Speed	A rate at which something or someone is moving
Agility	Ability to move quickly and easily
Obstacle course	A course through which participants must run, negotiating obstacles
Target	A object or place that has been selected

