

EYFS	Year 1	Year 2
	<p><b>Running</b></p> <ul style="list-style-type: none"> <li>• Changing speed</li> <li>• Changing speed to pick up/put down equipment</li> <li>• Travelling on different pathways (with and without equipment)</li> </ul> <p><b>Throwing</b></p> <ul style="list-style-type: none"> <li>• Rolling</li> <li>• Underarm throwing (Fling)</li> <li>• Start standing in 'opposition' position</li> <li>• Push throw</li> <li>• Aiming at a simple target</li> </ul> <p><b>Jumping</b></p> <ul style="list-style-type: none"> <li>• Simple take offs/landings:</li> <li>• Hopping, one foot to one foot,</li> <li>• Jumping, two foot to two foot,</li> <li>• Leaping, one foot to one foot</li> <li>• Simple combinations of above jumps</li> </ul>	<p><b>Running</b></p> <ul style="list-style-type: none"> <li>• Short distance running (Sprinting techniques)- feet in line, head centred and eyes straight ahead, elbows close to body</li> <li>• Paced running</li> </ul> <p><b>Throwing</b></p> <ul style="list-style-type: none"> <li>• Push throw with two hands</li> <li>• Underarm throw for distance and at targets</li> <li>• Push throw with bounce</li> </ul> <p><b>Jumping</b></p> <ul style="list-style-type: none"> <li>• Jumping with different take-offs and landings</li> <li>• Skipping ropes for two feet to two feet, one foot to other foot and hopping</li> <li>• Combining different jumps over and around equipment</li> </ul>
<p><b><u>Learning Objectives</u></b></p>	<p><b><u>Learning Objectives</u></b></p> <p>LO Lesson 1: I can change speed when travelling in different ways</p> <p>LO Lesson 2: I can change speed to pick up, put down and travel with equipment</p> <p>LO Lesson 3: I can throw equipment using an underarm throw (fling)</p> <p>LO Lesson 4: I can take off and land on the same foot (hop), or using a two footed jump</p> <p>LO Lesson 5: I can travel on different pathways with and without equipment. I can throw equipment using a push throw.</p>	<p><b><u>Learning Objectives</u></b></p> <p>LO Lesson 1: I can push throw accurately with two hands</p> <p>LO Lesson 2: I can improve my short distance (sprint) running technique</p> <p>LO Lesson 3: I can vary my underarm throw for distance and to aim at targets</p> <p>LO Lesson 4: I can practice running at different paces and find a rhythm for jogging</p> <p>LO Lesson 5: I can jump using different take-offs and landings for speed and for distance</p> <p>LO Lesson 6: I can push throw with a bounce</p>

	<p>LO Lesson 6: I can travel in different ways including taking off and landing on the same foot (Leap)</p> <p><b>Things to add in</b></p> <p><b>Appendix A Mobility exercise cards A1 to A6</b> Teach them and involve children in choosing which one to copy during warm ups.</p> <p><b>Appendix B Skill development and challenge cards.</b> These appear in the lesson plans and are collected here for convenience. You can look here for additional challenges. Recommendations for year 1- Underarm throwing T1-T3. Push throw T4-T5. Next steps to pull throws and overarm throws</p>	<p><b>Things to add in:</b></p> <p><b>Appendix A Mobility exercise cards A1 to A6</b> Teach them and involve children in choosing which one to copy during warm ups.</p> <p><b>Appendix B Skill development and challenge cards.</b> These appear in the lesson plans and are collected here for convenience. You can look here for additional challenges. Recommendations for year 2 - T11-13 Pull Throw T14-T15 Overarm throw. Sprinting Style card.</p>
<p><b><u>Vocabulary</u></b></p>	<p><b><u>Vocabulary</u></b> Run, Sprint, Skip, Bounce, Hop, Gallop, Distance Height, High, Low, Throw, Jump, Challenge, Heart beat, Breathing, Picking up, Putting down, Forwards Backwards, Sideways</p> <p><b>Push throw, Underarm throw (Fling throw) Take off &amp; Landing (one foot to one foot and one foot to two feet), Travelling, Pathways, Track, Tight body, Giant strides</b></p>	<p><b><u>Vocabulary</u></b> Run, Sprint, Skip, Bounce, Hop, Gallop, Distance Height, High, Low, Throw, Jump, Challenge, Heart beat, Breathing, Picking up, Putting down, Forwards Backwards, Sideways, Control, Aiming, jogging</p> <p><b>Push throw , Push bounce, Take off &amp; Landing (one foot to one foot, two feet to two feet and one foot to two feet), 5 basic jumps, Running pace, Running rhythm, Step-over, Slalom, Relay</b></p>

## CURRICULUM AREA: PE Athletics

### *Healthy hearts and happy minds*

At Mount Charles School, we want our children to be happier, healthier and stronger.

Through PE and Sport, we aim to inspire and encourage pupils to see exercise as essential to both their physical and mental health

### **Purpose of Study**

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

### **Aims**

**The national curriculum for physical education aims to ensure that all pupils:**

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

### **Subject Content**

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should

develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

**Pupils should be taught to:**

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

**Mount Charles School progression map**

In KS2 children will be taught the following units during the year:

- Athletics,
- Dance,
- Games,
- Outdoor & Adventurous,
- Gymnastics
- Swimming