



Prior knowledge

- Develop a sprinting action
- Develop jumping, hopping and skipping actions
- Explore safely jumping for distance and height
- Develop overarm throwing for distance
- Show balance and coordination when running at different speeds
- Use overarm throws for distance
- Identify good technique in different events

Physical skills developed in this topic

- Use a sprinting technique and apply it to relay events
- Explore a technique for a pull throw

Knowledge and skills covered in this topic

- Develop jumping for distance
- Take part in relay race activities
- Develop a range of approaches and take off techniques for jumping for distance
- Develop knowledge of KS2 Sports day activities

Key words

Sports Day: School Athletics competition, including 300m run, 50m sprint, obstacle race, vortex throw, long jump and house relay

House Competition: Each child has their own team named after a Saint and wear their t-shirt colour and compete for their team

Baton: Tube passed between runners in the relay race

Pace: The rate of activity or movement

Faster: Running a quicker time or travelling with more speed

Control: To regulate direction, speed, power or emotions

