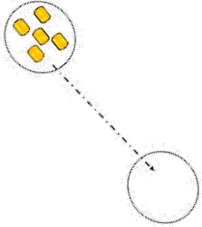


Big Questions

- What is the quickest way to move an object from one place to another?
- What do the arms do when running quickly?
- How do you perform a standing long jump?
- How do you throw for distance?
- How can you improve balance, agility and coordination?
- What changes do you notice in your body when you move quickly?

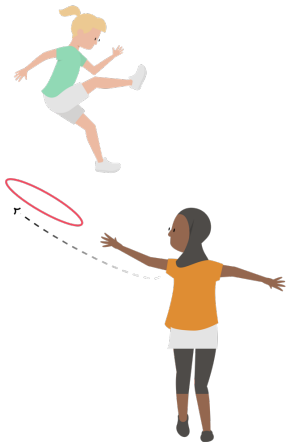
Sticky Knowledge

- Know the quickest way to move an object from one place to another.
- Know how to change speed when running.
- Know how the arms can increase the speed of running.
- Know how to perform a two-footed jump.
- Know how to overarm throw for distance.
- Know the importance of balance, agility and coordination in athletics.

What		Why	How
Moving objects quickly - Moving an object from one place to another as quickly as possible.		Experimenting with different ways to move an object and identifying the quickest method helps to practice running and placing and develop gross motor and thinking skills.	Ensure you are alert and ready and use quick feet to move. Keep an eye on the object being moved. Reach forward with the same hand as your lead foot; i.e. if you step close to the hoop with your right foot, reach into the hoop with your right hand.
Starting to run at speed - Progress from still to running as quickly as possible.		When running, getting to full speed as quickly as possible means getting from one place to another quickly.	On the balls of the feet, one foot slightly in front of the other. Watch and listen for the cue to start and react quickly.

What	Why	How
Stopping when running at speed - Stopping the body safely with control when running at speed.	Stopping quickly and safely allows individuals to safely participate in various activities by maintaining control of their bodies.	When stopping, plant one foot on the floor, bending the knee to absorb the impact. With control, bring the other foot near the planted foot.
Changing to run at different speeds - Varying the speed whilst running.	Changing their running speed will allow pupils to participate in relay races with others, as they will speed up at the start of the run and slow down when passing onto the next runner without stopping.	To increase speed, move arms and legs quickly and powerfully. To decrease speed, slow arm and leg speeds down to a more controlled action.
Hip-to-lip arm action - The arm action used when running fast.	Effective arm action provides balance and momentum when children run. Swinging their arms in coordination with their legs increases their speed and efficiency.	Using a 'pumping' motion, one arm starts by the lips, whilst the other is at the hip. When running, alternate which hand is at the hip and which is at the lip, ensuring they are alternating.
Two-footed jumps - A two-footed take-off when jumping.	Jumping for distance in the standing long jump. This is an event at primary school athletics competitions.	Start with feet a comfortable distance apart, leaning slightly forward. Swing both arms together to generate momentum. Bend the knees and push off on the toes, trying not to step back when landing.

What	Why	How
Overarm throwing for distance - A way of moving a ball with power over longer distances.	When an object needs to be sent with power over a longer distance.	Standing sideways on, with the opposite foot to the throwing arm in front. Start with the ball just behind the shoulder, swing the arm through past the shoulder, releasing the ball just in front of the head.
Use basic balance, agility and coordination skills - Be able to run, jump and throw with others using balance, agility and coordination.	Practising balance, agility, and coordination can enhance running, jumping, and throwing skills.	By taking part in the different activities, thinking about how they require agility, balance and coordination.
Compete in running, throwing, and jumping competitions as an individual and part of a team - Compete against their own personal best and others in various events.	Athletics is about achieving personal bests in a range of events. Being able to compete will allow for the best performance to be achieved.	• Split the children into equal teams of approximately 4 or 5. • There are six events to take part in. Shuttle Runs, Standing Long Jump, Distance throwing, Hopping Race, Target throwing, Relay Race. • The teacher can allow children to score points for successful throws, runs and jumps or for children that jump the furthest, throw the furthest, etc.



Year 1 Run Jump Throw Unit 1 – Crossover skills and knowledge

Run Jump Throw is a unit based on Athletic activity. Athletes aim to improve their personal and, in some scenarios, team performance in the three key areas of running, jumping and throwing or track and field events. Over time, children should be able to run faster/further, jump higher/further and throw further.

Examples of Athletic Events are:

- Sprinting / middle distance / long distance running
- Long Jump
- High Jump
- Shot Putt
- Javelin

Head

Demonstrate awareness for the need to improve	Recognise and implement concepts such as waiting your turn	Select correct skill for the situation
Attack Defend Shoot, Send & Return, Hit Catch Run, Run Jump Throw, Gymnastics, Dance, OAA (All KS1 units)	Attack Defend Shoot, Send & Return, Hit Catch Run, Run Jump Throw, Gymnastics, Dance, OAA (All KS1 units)	Attack Defend Shoot, Send & Return, Hit Catch Run, Run Jump Throw, Gymnastics, Dance, OAA (All KS1 units)

Hand

Can start and stop at speed, run in straight lines using a variety of speeds	Attempt various jumps taking off and landing on different foot combinations, e.g., 2 to 1, 1 to 2 etc.	Handle and throw a variety of different objects and attempt to throw for distance	Move a variety of objects quickly, showing a range of techniques	Developed agility and coordination skills to competently take part in a range of activities
Attack Defend Shoot, Send & Return, Hit Catch Run, Run Jump Throw (All KS1 units)	Run Jump Throw, Gymnastics (All KS1 units)	Run Jump Throw, Send & Return (All KS1 units)	Attack Defend Shoot, Send & Return, Hit Catch Run, Run Jump Throw (All KS1 units)	Attack Defend Shoot, Send & Return, Hit Catch Run (All KS1 units)

Heart

Participate as part of a team to compete in running relays	Put in effort and stay motivated when challenged
Run Jump Throw (All KS1 units)	Attack Defend Shoot, Send & Return, Hit Catch Run, Run Jump Throw, Gymnastics, Dance, OAA (All KS1 units)