



Physical Education

Run Jump Throw

Athletics

Y2

Unit Focus:

Throw and handle a variety of objects. Develop power, agility, coordination and balance. Negotiate obstacles showing increased control.

Prior Learning:

- Increased stamina and core strength.
- Worked collaboratively on more complex tasks.
- Worked to improve strength, balance, agility and coordination.

Rules:

- Wait for command before you start.
- Being aware of others around you.



Make choices about appropriate throws for different activities.



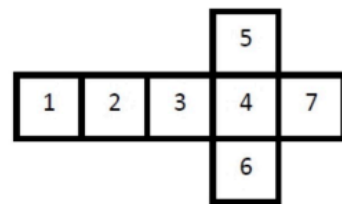
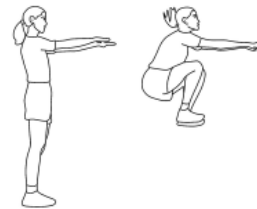
Show increased control of body and limbs.



Work cooperatively to complete running, jumping and throwing tasks.

Key Vocabulary/Skills:

| | |
|------------------------------|---|
| Awareness of others. | Run, throw, handle, power, quick, burpee, obstacle, control, stamina, static, dynamic, collect. |
| Creating power. | |
| Quick feet. | |
| Choose appropriate throw. | |
| Static and dynamic balances. | |



Inspiring Individuals



Sandra Perković
(1990 – present)



Julius Yego
(1989 – present)

Equipment

A variety of balls, hoops, bean bags, quoits, throw down markers, foam javelins, balloons, stopwatch, measuring tape, skipping ropes, low hurdles.

Key Questions

1. What is a static and dynamic balance?
2. What games might you need to have quick feet in?
3. How do different starts affect sprinting?