



# Physical Education

# Run Jump Throw

## Athletics

Y1

### Unit Focus:

Begin to link running and jumping. Learn and refine a range of running. Develop throwing techniques to throw over longer distances.

### Prior Learning:

- Experienced sending a variety of balls, quoits and beanbags.
- Can use a range of motor skills.
- Able to walk, run and travel at a variety of speeds.

### Rules:

- Move equipment one at a time.
- Start behind a line for jumps.
- All throw and collect equipment at the same time.



Recognise and implement concepts such as waiting your turn.



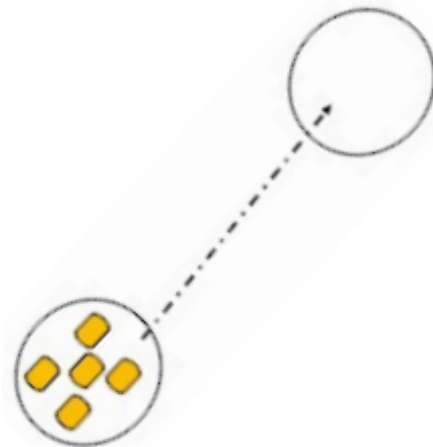
Start and stop at speed, run in straight lines at different speeds.



Put in effort and stay motivated when challenged.

### Key Vocabulary/Skills:

Taking off.	Backwards, distance, far, fast, forwards, furthest, high, hop, link, medium, fastest.
Arm movement.	
Leading arm.	
Start and stop.	
Relay runs.	



### Inspiring Individuals



Javier Sotomayor Sanabria  
(1967 – present)



Diana Dadzite  
(1986 – present)

### Equipment

A variety of balls, hoops, beanbags, quoits, throw down markers, foam javelins, balloons, stopwatch, measuring tape, skipping ropes.

### Key Questions

1. How do you know when you have completed a good run, throw or jump?
2. How could you have improved your run, throw or jump?
3. How did you help your partner improve?