

# Year 1: Run, Jump, Throw Unit 1

Summer 2

## Sequence of Learning:

Develop starting and stopping at speed

To run in a straight line at different speeds

To jump using different combinations

To use different techniques to throw different pieces of equipment

To explore and refine basic agility, balance and co-ordination skills

## Final Outcome:

To compete in a Sports Day.

## Key Questions:

Which way of travelling was the quickest? Why?

How do you run quickly at the beginning?

What can you do to jump farther?

How do you think your non-throwing arm can help direct your throw?

Which activities worked on agility, balance and co-ordination?

## Key Vocabulary:

Backwards, distance, far, fast, forwards, furthest, high, hop, link, medium, fastest.

## National Curriculum Key Skills:

- Run at fast, medium and slow speeds, changing speed and direction
- Link running and jumping activities with some fluency, control and consistency
- Throw a variety of objects- changing action for accuracy and distance

## Equipment:

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