

Year 2: Run, Jump, Throw Unit 1

Summer 2

Sequence of Learning:

- Be aware of others and my space when running
- To take part in agility runs using a variety of movements/ actions
- To participate in obstacle relays trying to better my times and performance
- Demonstrate different throws
- To analyse my performance

Final Outcome:

To compete in a Sports Day.

Key Questions:

- How can you be aware of others around you?
- Why might your times have got slower the more times you ran through the agility run?
- What was your favourite part of the obstacle relay?
- Why do you need different throws for different games?

Key Vocabulary:

Run, throw, handle, power, quick, burpee, obstacle, control, stamina, static, dynamic, collect

National Curriculum Key Skills:

- Run at fast, medium and slow speeds (show change of pace), changing speed and direction with precision
- Link running and jumping activities with fluency, control and consistency
- Throw a variety of objects- choosing appropriate action for accuracy and distance

Equipment:

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