

PE –Athletics

Year Two



Athletics

Run

Jump

Throw

Relay

Distance

Sportsmanship

By the end of this unit you will be able to perform a number of different athletics skills including running, jumping and throwing.

Important information



Over the course of this half-term's PE lessons, you will learn and develop many new skills that you need to succeed in the different sports involved in **athletics**. The lessons will follow a sequence of **running, relay races, hurdles, jumping and throwing**. These will build up to a year 2 mini Olympics by the end of the half-term. Here, you will need to use the skills and knowledge you have learned to compete with each other in a friendly competition. This is also an opportunity to look at another of our key words: **sportsmanship**.



On your athletics lesson day please make sure that you have taken out any earrings and left these at home. You should also remove watches and long hair should be tied back.

The PE kit you need is a white t-shirt and black shorts or tracksuit bottoms and trainers.

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Lesson	Lesson Question	What you will learn	Learning Review
1	Do we have to change how we run depending on the distance we are running?	You will look at the best way to run as fast as you can, keeping your legs high and back straight. You will then look at different running distances and decide if running as fast as you can is always the best idea.	
2	How do you run in a relay race?	You will revisit the best way to run quickly. You will learn to pass a baton to partner sensibly while still moving quickly.	
3	How is running a hurdles race different to a sprint race?	You will revisit the best way to run quickly. You will learn how to jump safely and sensibly over hurdles while maintaining your speed.	
4	What methods can we use to jump higher and further?	You will learn to use a run-up to jump over objects at an appropriate height. You will learn to use a run up to jump as far as you can while safely landing on your feet.	
5	What methods can we use to throw objects further and more accurately?	You will develop a technique to throw light objects accurately at a target. You will use a range of heavy and light objects to throw as far as possible safely and responsibly.	
6	Can you use the skills you have learnt to compete with your friends?	You will use the skills you have learnt over the course of this half-term to compete with your friends. You will demonstrate sportsmanship and show that it doesn't matter who wins and who loses.	