

# Athletics

## Scoring/ measuring

- Distance
- Time
- Jumps
- Throws



## Key Skills:

- Running
- Jumping
- Throwing
- Catching

## Possible equipment:

- Hurdles
- Cones
- Foam javelin
- Timers
- Hoops
- Relay baton



## Possible equipment:

- Cones
- Hoops
- Floor ladders
- Bibs
- Bean bags
- Balls

## Misconceptions/ Barriers:

- Incorrect form
- Difficulty with key skills
- Incorrect use of equipment
- False start
- Crossing over lanes
- Dropping equipment

## Progression of skills:

- Can change speed and direction whilst running.
- Can jump from a standing position with accuracy.
- Shows control with take-off and landing.
- Throws into targets.
- Performs a variety of throws with control and co-ordination e.g. rolling, underarm, overarm. preparation for shot put and javelin.
- Understand correct vocabulary in context.

## Key words/ definitions:

- Balance – using an even distribution of weight to stay upright or in a position.
- Co-ordination – to organise different parts of the body to work together, e.g. eyes and hands.
- Agility – to move quickly and easily
- Strength – to complete a task against a resistance.
- Speed – the ability to move all of part of the body as fast as possible.
- Flexibility – the capacity for a joint or muscle to move through it's full range of motion.

# Invasion Games

## Scoring/ measuring

- Time
- Points
- Tally

## Key Skills:

- Running
- Jumping
- Throwing
- Catching
- Passing
- Attacking
- Defending

## Developing skills:

- Participate in team games
- Simple tactics for attacking and defending

## Definitions:

- Attacking – engaging with an opposing team/ person to get points.
- Defending – to keep an opponent from scoring, to take specific defensive action to against an opposing team or individual.

## Progression of skills:

- Master basics movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Remember and repeat series of moves.
- Can send a ball to others in range of ways (including rolling, passing). Receive a ball with increasing control.
- Can change speed and direction when running.
- Can jump from standing position with accuracy.
- Some understanding of what tactics are, including attacking and defending.
- Understand basic feedback.

## Misconceptions/ Barriers:

- Incorrect form
- Difficulty with key skills
- Incorrect use of equipment
- Difficulty playing as a team
- Lack of confidence

## Invasion games (see PEPro App):

- Chicken and foxes
- Treasure Island
- 4 sides dynamics
- Landmines
- Sharks and seaweed