



PE Topic Journey Overview Y1

Y1 PE Topic: Athletics

PE Topic: Y1/Y2 Athletics

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| <p>Lesson 1 Key Skills: to control movement in response to instructions, jumping for height with control and balance</p> <p>Activities 1) Follow the leader who moves in different directions altering speed, direction, height 2) Can you be ? Children to be given names of animals to try and move like the animal eg. monkey, ostrich, elephant, frog 3) I can jump higher than ? As above children to aim to jump higher than the actual height of chosen animals. Pictures at heights around area can help 4) Jumping relay: class in 4 teams have to jump to cone and back before passing baton onto next team member</p> <p>Outcomes: Children to show good balance and control when moving and jumping</p> | <p>Lesson 2 Key Skills: To change pace with control, demonstrate various jumps and to roll a ball accurately</p> <p>Activities 1) Traffic lights warm-up 2) Animal jumps: children to imitate jumping actions of animals eg. kangaroo, rabbits, frog, deer, horses 3) Roll a goal : groups of 4 playing 2v2 with cones for goals and tennis ball. Try to roll the ball through cones to score a point (no goalkeepers). Narrow goals if too easy 4) Obstacle relay: class in 4 teams have to land feet on spots placed on ground before passing baton on to next team member</p> <p>Outcomes: Children to be able to use a variety of jumps and to roll a ball accurately</p> | <p>Lesson 3 Key Skills: To use arms to increase height when jumping, changing direction when running demonstrating speed and agility</p> <p>Activities: 1) Touch the base: cones spread around area, colours are called out and children run to that colour and freeze. Limit numbers at each cone. 2) Change Arms: Practice jumping high with arms in different positions : arms at side, on head, on hips, swing from low to high, high to low, fast and slow. Decide which is most effective 3) Cat and Mouse: In pairs, using tags in waistband of shorts, one child chases partner. Reverse roles. 4) 'Pacman' chase game: children move by fast walking, not running, and must stay on lines both straight and curved. Two children are 'ghosts' who chase the others, Those caught also become chasers Outcomes: Children are able to use arms to increase height jumped, increase speed and agility when chasing</p> |
| <p>Lesson 4 Key Skills: Walking and running with good posture and balance, jumping co-ordination and balance</p> <p>Activities 1) Follow the leader who moves in different directions altering speed, direction, height 2) Beanbag balanced on head walking and increasing to running 3) Speed line bounce: children jump sideways either side of a line while partner counts 4) Bean-bag relay : class in 4 teams have to run with bean-bag on head before passing baton onto next team member</p> <p>Outcomes: Children to show good balance and co-ordination when running and jumping</p> | <p>Lesson 5 Key Skills: To change pace with control, throwing with speed and agility, increase ability to jump far</p> <p>Activities 1) Traffic lights warm-up 2) Flying Sponges : Class in 2 teams on each side of playing area; each team attempts to get all of the balls onto other side by throwing them from behind a line 3) Jump the stream: Using pairs of mats, children to jump the stream which is the area between the pair of mats. Distance between mats can be varied 4) Obstacle relay: class in 4 teams have to jump over small hurdles before passing baton onto next team member</p> <p>Outcomes: Children to be able to jump for distance across increasing distances</p> | <p>Lesson 6 Key Skills: To throw accurately at raised targets, changing direction when running demonstrating speed and agility</p> <p>Activities: 1) Touch the base: cones spread around area, colours are called out and children run to that colour and freeze. Limit numbers at each cone. 2) Feed the animals: Pictures of animals on wall of hall/outdoor area at different heights. Children to have food(bean-bags) which they throw to the various animals. Vary the distance they throw from 3) Cat and Mouse: In pairs, using tags in waistband of shorts, one child chases partner. Reverse roles. 4) Sprint runs : using field, children to race in groups of 4 down the running track Outcomes: Children to be able to throw accurately to targets, increase speed and agility when chasing</p> |
| <p>Resources: cones, tags, bean-bags, pictures of animals, relay batons, sponge balls, tennis balls, mats, hurdles</p> | <p>After school club</p> | <p>Out of school links</p> |