



# PE Topic Journey Overview Y2

Y2 PE Topic: Athletics

# PE Topic: Y1/2 Athletics

<p>Lesson 1</p> <p>Key Skills: to control movement in response to instructions, jumping for height with control and balance</p> <p>Activities</p> <ol style="list-style-type: none"><li>1) Follow the leader who moves in different directions altering speed, direction, height</li><li>2) Can you be ? Children to be given names of animals to try and move like the animal eg. monkey, ostrich, elephant, frog</li><li>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</li><li>4) Jumping relay: class in 4 teams have to jump to cone and back before passing baton onto next team member</li></ol> <p>Outcomes: Children to show good balance and control when moving and jumping</p>	<p>Lesson 2</p> <p>Key Skills: To change pace with control, demonstrate various jumps and to roll a ball accurately</p> <p>Activities</p> <ol style="list-style-type: none"><li>1) Traffic lights warm-up</li><li>2) Animal jumps: children to imitate jumping actions of animals eg. kangaroo, rabbits, frog, deer, horses</li><li>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</li><li>4) Obstacle relay: class in 4 teams have to land feet on spots placed on ground before passing baton on to next team member</li></ol> <p>Outcomes: Children to be able to use a variety of jumps and to roll a ball accurately</p>	<p>Lesson 3</p> <p>Key Skills: To use arms to increase height when jumping, changing direction when running demonstrating speed and agility</p> <p>Activities:</p> <ol style="list-style-type: none"><li>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.</li><li>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</li><li>3) Cat and Mouse: In pairs, using tags in waistband of shorts, one child chases partner. Reverse roles.</li><li>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</li></ol> <p>Outcomes: Children are able to use arms to increase height jumped, increase speed and agility when chasing</p>
<p>Lesson 4</p> <p>Key Skills: Walking and running with good posture and balance, jumping co-ordination and balance</p> <p>Activities</p> <ol style="list-style-type: none"><li>1) Follow the leader who moves in different directions altering speed, direction, height</li><li>2) Beanbag balanced on head walking and increasing to running</li><li>3) Speed line bounce: children jump sideways either side of a line while partner counts</li><li>4) Bean-bag relay : class in 4 teams have to run with bean-bag on head before passing baton onto next team member</li></ol> <p>Outcomes: Children to show good balance and co-ordination when running and jumping</p>	<p>Lesson 5</p> <p>Key Skills: To change pace with control, throwing with speed and agility, increase ability to jump far</p> <p>Activities</p> <ol style="list-style-type: none"><li>1) Traffic lights warm-up</li><li>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</li><li>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</li><li>4) Obstacle relay: class in 4 teams have to jump over small hurdles before passing baton onto next team member</li></ol> <p>Outcomes: Children to be able to jump for distance across increasing distances</p>	<p>Lesson 6</p> <p>Key Skills: To throw accurately at raised targets, changing direction when running demonstrating speed and agility</p> <p>Activities:</p> <ol style="list-style-type: none"><li>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.</li><li>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</li><li>3) Cat and Mouse: In pairs, using tags in waistband of shorts, one child chases partner. Reverse roles.</li><li>4) Sprint runs : using field, children to race in groups of 4 down the running track</li></ol> <p>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>