

Activity: Athletics

Year Groups: Y1/2

Lesson Objective		Learning outcomes – where am I in my learning?
Session 1 - running Can I walk and run in a coordinated way, at different speeds for short and long distances?	Develop speed technique, improve running around a curve, slow, stop start and change pace	Gold I can walk and run and vary my pace to suit the activity. Silver I can walk and run at a variety of speeds Bronze I can walk and run and keep moving.
Session 2 - throwing Can I throw a range of implements for distance?	Different ways to throw	Gold I can throw in a coordinated way for accuracy Silver I can demonstrate how to throw an object accurately Bronze I am beginning to throw an object for distance
Session 3 – running and jumping Can I run and jump over obstacles?	Running jumps (hurdles)	Gold – I can jump over hurdles and maintain my pace Silver – I can jump over obstacles safely and smoothly Bronze – I can run, jump and land safely.
Session 4 - Running Can I run short and fast or pace myself for a longer run?	Running, improve speed and sprints	Gold I can run with control and coordination Silver - I can run in different ways and at different speeds Bronze – I can show my understanding 'jog' or 'run'
Session 5 - jumping Can I demonstrate a variety of jumps and link them together?	Combine jumps for distance and height	Gold – I can confidently coordinate a series of jumps. Silver – I can show different jumps and land safely. Bronze – I am beginning to use the skills I have learned to jump and land safely
Session 6 – running jumping and throwing Can I confidently apply the skills I have learned, to throw jump and run in a competitive situation.	Assess and review Circuit of activities (mini competition)	Gold I have achieved the gold challenge. Silver I have achieved the silver challenge. Bronze I have achieved the bronze challenge.

Purpose of study: A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect. (National Curriculum)

Aims: The national curriculum 2014 for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Attainment targets

Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.

Pupils should be taught to: master basic 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.