

Implementation Phase			
Key Stage:	KS1	Unit:	Athletics

<p>Prior Learning Required - EYFS Progression Maps Objectives:</p> <ul style="list-style-type: none"> • Travels with confidence and skill in a range of movements when using equipment. • Shows understanding of the need for safety when tackling new challenges and considers and manages some risks. • Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles. • Shows increasing control over an object, pushing, pasting, throwing, catching, or kicking it.
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<p>National Curriculum Links</p>	<p>1a: 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.</p>		<p>Pillars of Progression</p> <ul style="list-style-type: none"> • Development of Motor Competence and Fundamental Movement Skills.
<p>Key Unit Objectives (Key skills addressed to achieve success throughout the unit)</p>	<ul style="list-style-type: none"> • Step 1: Move into space • Step 2: To control your body and equipment when throwing, running and jumping. • Step 3: To land safely when jumping • Step 4: To run and jump on the balls of your feet • Step 5: To show a correct pull throw technique • Step 6: To compete against yourself and others 	<p>Progression Map Links (Ensure pupils progress & move forward throughout their primary school years)</p>	<p>Declarative Knowledge:</p> <ul style="list-style-type: none"> • Develop the distance running technique, understanding the difference between sprinting, and running over longer distances. • Show understanding and a basic level of control, coordination and consistency when running. • Begin to evaluate and improve own performance. <p>Procedural Knowledge:</p> <ul style="list-style-type: none"> • Explore and practice a variety of athletic movements and apply athletic skills and techniques to a variety of activities. • Experiment with different jumping techniques, showing control, coordination, and consistency throughout. • Develop coordination and balance whilst exploring different running, jumping, and throwing techniques. • Develop the overarm, underarm and pull throw technique, throwing accurately towards a target.
<p>Resources & Equipment</p> <ul style="list-style-type: none"> • Beanbags • Cones • Balls 	<p>Key Vocabulary</p>	<ul style="list-style-type: none"> • Throwing • Running • Jumping • Personal best • Speed • Competition • Races • Distance • Measuring 	