



KS1 PE: Athletics (Multi Skills)

Prior Learning

Children can...

- Move energetically using their strength, balance and coordination to perform skills such as running, jumping hopping, skipping, dancing and climbing.
- Negotiate space and obstacles safely.
- Can roll and throw a variety of equipment for different purposes and at a target.



Vocabulary

- Run, sprint, jog, speed, fast, slow, jump, hop, sequence, control, distance, height, pace, underarm throw, overarm throw, power, aim, target, track, field, technique, performance, athlete

Track events are athletic events which take place on the running track.

Sticky Knowledge



Field events are athletic sports which are not races. These might use skills such as **throwing** and **jumping**.



Sprinting is a track event where an **athlete** runs as fast as they can from start to finish. **Usain Bolt** holds the World Record for the 100m sprint.



Different **jumping techniques** are used for **performing** long jump and high jump.



An **overarm throw** is a throw that comes from over the shoulder. This **technique** can be used in javelin.