



# 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.