



Physical Education

Knowledge Organiser

Year 1 athletics		
National Curriculum links: to master basic movements including running, jumping, throwing and catching		
Key values and vocabulary	Learning	Breakdown of skills/success criteria
<u>Values</u> - responsibility - respect <u>Vocabulary</u> - travelling - competitions - speed - distance - accuracy	Previous learning	<u>Aim and success criteria of athletics for year 1</u> - Children will explore the FMS of running, jumping and throwing activities and take part in simple challenges and competitions. - They will experiment with different ways of travelling, throwing and jumping, increasing their awareness of speed and distance. - In all athletic activities, children think about how to achieve the greatest possible speed, height, distance of accuracy. <u>Breakdown of skills</u> Running - Definite flight phase - Stride length at max - Complete extension of support leg - Arms bent at 90 degrees and swing back and forwards in opposition to legs - Non-support knee bends 90 degrees Jumping - Arms swing back behind body in preparation - Crouch is deeper and more consistent - Arms swing forward with force during take-off and reach high - Full extension of legs and feet at take off - Body leans forward at landing Throwing (overarm) - Arm is swung backward in preparation - Opposite arm is raised for balance/direction
	Year 1 learning	
	In year 1, children will perform fundamental movement skills at a developing level. Focus is on running, jumping and throwing. - running - hopping - rolling a ball - underhand/overarm throw - jumping	
Key knowledge	Future learning	
Children need to be made aware of the skills required in athletic activities. Focus is on running, jumping and throwing so they must experiment with different ways of moving, types of throw and jumps.	In year 2, children will perform fundamental movement skills at a developing level and start to master some basic movements. - running - hopping - skipping - jumping - overarm throw/underarm throw - rolling a ball - bouncing a ball - kicking	

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	· catching · galloping	· Weight transfers from back foot to front foot, with a step with foot opposite to throwing arm. · Definite turning of the body through legs, hips and shoulders.
Supporting resources		
Running	Jumping	Overarm throw
		