

What prior knowledge should students have?

- Pupils have explored skills of running, jumping, and throwing with a range of equipment.
- Pupils have learnt how to move and stop confidently, negotiating the space around them.
- Pupils have begun to vary speed of running based on given commands.
- Pupils have begun to identify how to jump and land safely.

What skills will students learn? (Disciplinary Knowledge)

- Children will develop their skills of running, walking, balancing, speed control, acceleration, teamwork, agility, coordination.
- Children will learn how to run at different speeds for the different style of races (short distance sprints or longer endurance races).
- Children will work collaboratively with others to perform a relay race and improving on their speed.
- Children will learn different jumping techniques, including two-footed jumps and side jumps.

Key Vocabulary

Definition

Coordination	The ability to use different parts of our body together and smoothly.
Balance	The ability to stay upright.
Agility	The ability to move quickly and change direction easily
Speed	How fast we can move.
Stamina	The ability to keep moving for a long time without getting tired.

What key knowledge will be taught? (Substantive Knowledge)

- Children will understand the correct running technique to gain their quickest times.
- To know and demonstrate fair play and sportsmanship while competing in relays.
- Children will learn how to run with good technique, including the use of arms for balance and propulsion.
- Children will be able to evaluate their own and others movements skills by identifying areas for improvement.

Throwing technique

Overarm

Hold the ball in the palm of your hand, behind your head.

1 - Hold the ball in your dominant hand, gripping it with the fingers and thumb.

2 - Take your throwing arm behind your body and swing it forwards like a swinging pendulum

3 - Step forwards, transferring your weight from the back foot to the front foot as you move 4 - Release the ball at waist height.

Point your free arm at the target.

5 - Flick your wrist to throw the ball.

6 - Straighten your arm out towards the target.

Underarm

1 - Hold the ball in your dominant hand, gripping it with the fingers and thumb.

2 - Take your throwing arm behind your body and swing it forwards like a swinging pendulum

3 - Step forwards, transferring your weight from the back foot to the front foot as you move 4 - Release the ball at waist height.

5 - Flick your wrist to throw the ball.

6 - Straighten your arm out towards the target.