

Caroline Haslett Primary School - PE

Topic: Locomotion

Year 1

<p>Knowledge</p> <ul style="list-style-type: none"> • Apply correct techniques to ensure maximum speed. • Run and stay in in a space, avoiding the defenders. • Demonstrate a growing understanding of where to run, why to run and why running fast is important in games. • Listen and play by the rules of the game. • Show empathy by considering the feelings and perspective of other players. • Demonstrate fairness by listening to others and encouraging them. 	<p>Vocabulary</p> <p>Attacker Being in possession of the ball or when trying to avoid a defender</p> <p>Defender Not being in possession of the ball or when avoiding a defender to score a point.</p> <p>Space An open area on the pitch that is unoccupied by a defender/ defending team.</p> <p>Speed The ability to move all parts of the body as quickly as possible.</p> <p>Acceleration How quickly an athlete can increase their speed over a distance when running.</p> <p>Tagging / tag The method applied by the defending team to stop an attacker from moving.</p>
<p>Activities</p> <p>Follow the leader Sticky glue Mud monster tag Beat the clock (speed)</p>	<p>Skills</p> <ul style="list-style-type: none"> • Honesty and self-belief • Run and stop with some control • Show balance and coordination when changing direction • Jump, leap and hop with some control • Use underarm and overarm throws towards a target • Show empathy and fairness towards peers • Learn and following rules of different games. • Use different techniques to increase running speed. • Make the most of space to effectively attack and defend. • Understand the different techniques and aims of attacking and defending.

Whole School Progression

Year One	Year Two	Year Three	Year Four	Year Five	Year Six
<p>Run and stop with some control</p> <p>Start to show balance and coordination when changing direction</p> <p>Jump, leap and hop with some control</p> <p>Use underarm and overarm throws towards a target</p>	<p>Run at different speeds</p> <p>Jump with accuracy</p> <p>Use different techniques when throwing</p>	<p>Change speed and direction, link running and jumping and throw accurately</p> <p>Choose when to run and when to jump</p> <p>Select which throwing technique is used for accuracy and distance</p>	<p>Throw with accuracy and power towards a target</p> <p>Understand and show the difference between sprinting, running and jogging</p> <p>Can jump for distance and height</p>	<p>Increase running and jogging distance with correct techniques</p> <p>Talk through the differences in techniques between short, middle and long distance, throwing for distance and jumping for height and distance.</p>	<p>Sustain and maintain running speed, throwing distance and jumping distance</p> <p>Choose pace for running and continue that throughout event</p>