



Waterbeach Community Primary School

Curriculum Capture for Year 1

PE: Athletics

Theme: Healthy Living

Key Knowledge

Running and walking

Walking

- Stand tall with back straight
- Keep eyes in direction of travel
- Lift one leg at a time
- Lift opposite leg when first leg is on the ground.
- Swing back opposite arm to leg.

Running

- Lift legs up and swing arms faster to move quicker, long distance.
- Jog: short strides, light movement
- Run: longer strides, faster movement, medium distance.
- Sprint: longest strides, quickest movement, short distance.

Running with obstacles

To move over obstacles while running:

- Keep head up and look ahead.
 - Run tall with straight back
 - Build up speed and lift legs higher before obstacle.
- Either:
- **Jump** with both feet
 - **Jump with one foot** by pushing off on back foot and landing with the front foot
 - **Hop** over on one foot
 - Swing arms to help get over the obstacle.

Throwing for distance and accuracy

Throwing for Distance:

Push Throw: throw from the front of the body close to the chest, chin and neck. It can be two or one handed. Push the object away to throw.

Pull Throw: throw begins behind the shoulders and can one or two handed. Force the object forward by pulling.

Throwing for Accuracy:

Fling throw: using an underarm throw let go of the object half way between the waist and shoulder.

Jumping for height and distance

When jumping:

- Swing arms forwards
- Bend knees
- Push feet up and away from the ground
- Land softly by bending knees

When confident, experiment with movements mid-jump such as a tuck jump or star jump.

Combination jumping: putting more than one type of jump together:

- 1 feet to 2 feet
- 1 foot to the other foot
- 2 feet to 1 feet

Moving fast can be jogging, running or sprinting.



The beginning of a pull throw to throw a longer distance.

Vocabulary

Distance	How far an object or person has travelled.
Accuracy	Directing an object to a certain area.
Direction	The area in which something is moving towards.
Obstacle	An object that is blocking a route or path.

Key Skills

Recognise and describe what their bodies feel like during different types of activity.

Explore running, jumping and throwing techniques.