

Year 1



PE Summer 1



This half term, we will be learning about athletics and rounders.

Athletics and Rounders

- We will be practising our skills to prepare for sports day.
- We will be learning how to sprint, throw as far as we can and jump for distance.
- Overarm throwing will be important in all lesson.
- Running in the right direction round the rounders posts will be an important



Overarm throwing



- ♦ We will be learning all about athletics and rounders this half term.
- ♦ Athletics includes three sections, running, jumping and throwing.

Key Vocabulary	Definition
Jump	Both feet leave the ground at once.
Sprint	To run as fast as you can.
Hop	To bounce on one foot.
Relay	To pass a baton to a team mate during a race.