



EYFS



PE Summer 1

This half term, we will be learning about Athletics.

Athletics

- 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.



- ◆ We will be learning all about athletics this half term.
- ◆ Athletics includes three sections, running, jumping and throwing.
- ◆ EYFS will have their PE lesson in a Thursday afternoon.

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.