

Year 1/2



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.



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
Sprint	To run as fast as you can.
Catch	To take hold of the ball with your hands.
Post	The marker on the rounders pitch.
Rounder	Point scored during the game.
Batter	The person who is hitting the ball.
Throw	To send the ball through the air with force.
Jump	To move with both feet in the air.