

Swans

PE

Summer 1

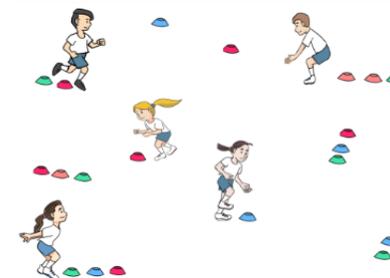


Athletics

Sending and receiving

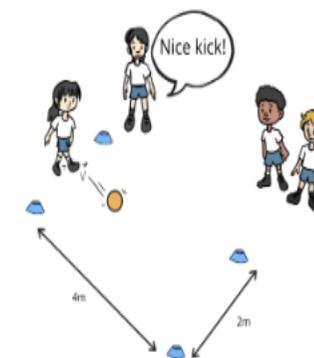
Athletics

Athletics is a term that covers a variety of sports which involve running, jumping, throwing and walking. Athletics helps to build skills such as overarm and underarm throwing, jumping over longer distances and how to pace oneself when running over a longer distance. It also helps to develop skills on increasing speed, balance and changing direction quickly.



Sending and receiving

Developing sending and receiving skills can help to improve throwing and catching, rolling, kicking, tracking and stopping a ball. This unit will also help to support working both individually and within small groups. It supports with being able to self-manage their own activities and abiding by the rules in order to keep themselves and others safe.



Keeping safe in PE

It is important to listen and follow instructions during PE to keep yourselves and others around you safe. Be aware of those around you so you do not bump into each other. Keep equipment still until instructed otherwise.

Teamwork

When working as a team it is important to listen to your partner. It is also important that you give clear instructions in order to keep my partner safe. It is also important to talk, listen and share ideas with other people in order to complete a task.

	Key Vocabulary	Definition
Athletics	accuracy	The skill or ability to control movement in a particular sport
	aim	To point at a target
	balance	The ability to maintain the line of gravity within the body
	direction	The way in which someone is travelling
	distance	How far something is apart
	overarm	A throw to propel an object over a long distance accurately
	stance	The way in which someone stands
	strides	To walk with long, decisive steps
	underarm	A throw to propel an object over a short distance accurately
Sending and receiving	catching	Intercept and hold something that has been thrown
	position	A place where someone or something has been put
	receive	To catch a ball that has been passed to you
	skill	The ability to do something well
	target	A mark or point at which someone aims at
	throwing	Propel something with force through the air by hand

Warm up and cool down

Warming up is important because it helps to reduce the amount of injuries which can be caused by playing sport. Cooling down is important because it helps to gradually reduce heart rate and stretch out the muscles which have been used during exercise.

End of Unit: Athletics and sending and receiving

What throw would you use if you wanted to throw something over a longer distance?

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When running over a longer distance why is it important to pace yourself?

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Why is it important to warm up before you exercise?

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