

Year 2 Robins

P.E.

Summer 1

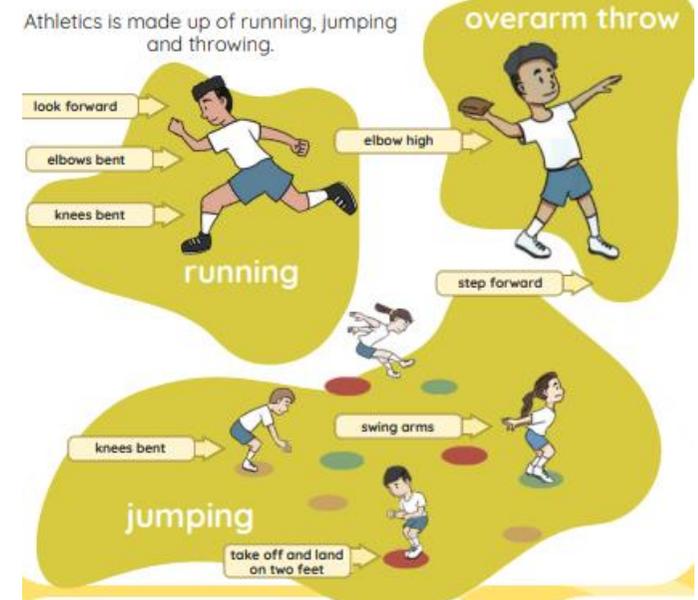


Athletics

Sending and Receiving

About this Unit

Athletics is made up of running, jumping and throwing.



Key Vocabulary

Definition

Athletics

accuracy	That what you are throwing goes where you intended it to.
distance	How something travels horizontally (along).
height	How far something travels vertically (up).
landing	To return to the ground after a jump. In athletics is this usually with 2 feet.
over arm throw	To throw so that the hand travels over the elbow and shoulder.
sprinting	To run as fast as you can with good technique.
take off	To leave the ground (jump) this can be with one foot or two.
technique	The motions that the bodies goes through to perform an action.

Sending and Receiving

catch	To take hold of something that has moved through the air.
kick	To hit something with the foot, in order to move it.
receive	To catch what has been kicked or thrown.
send	To pass the ball by kicking or throwing.
throw	To send something through the air with you hand.
track	To follow a ball that is moving.

About this Unit

Sending and receiving skills are important because they can be used in lots of other games. Learning these skills also helps your eyes, hands and feet work together. This makes your brain smarter because it has to think about where the ball is and how to make your body do what you want. You can always improve your sending and receiving skills with practise.

