

Year 1 Swans PE Summer 1

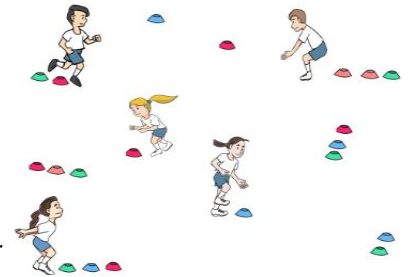
Athletics Sending and Receiving

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.

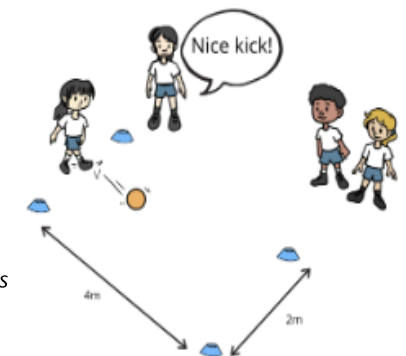


Key Vocabulary		Definition
Athletics	accuracy	The skill or ability to control movement in a particular sport.
	aim	To point at a target
	balance	The ability to maintain the line of gravity within the body.
	direction	The way in which someone is travelling
	distance	How far something is apart.
	overarm	To throw or propel an object over a long distance accurately.
	stance	The way in which someone stands.
	strides	To walk with long, decisive steps.
Sending and Receiving	underarm	A throw to propel an object over a short distance accurately.
	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.
	score	A number that shows how many points, goals, or runs a team or player has earned.
	skill	The ability to do something well.
	target	A mark or point at which someone aims.
	throwing	Propel something with force through the air by hand.

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 your own activities and abiding by the rules others safe.



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.

Skills Ladder



Running: Swing your arms, it will help you to run faster.

Jumping: Landing on the balls of your feet helps you to land with control. Bend your knees, it will help you to jump further.

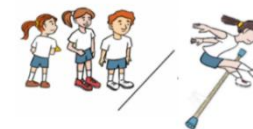
Throwing: Stepping forward with your opposite foot to throwing hand will help you to throw further.

Sending: Face your body towards your target when sending to help you to balance. Look at your partner before sending the ball.

Receiving: Watch the ball as it comes towards you.

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.

