

Physical Education Knowledge Organiser

Year 1 Athletics

National Curriculum links: to master basic movements including running, jumping, throwing and catching

Key values and vocabulary	Learning	Breakdown of skills/success criteria
<p><u>Values</u></p> <ul style="list-style-type: none"> responsibility respect <p><u>Vocabulary</u></p> <ul style="list-style-type: none"> travelling competitions speed distance accuracy 	<p style="text-align: center;">Previous learning</p> <p>In EYFS, children will be taught 5 FMS (Fundamental Movement Skills) for under 5's. These are run, jump, hop, catch and throw. They have been chosen as they are single fundamental movement skills, whereas skipping is a combination of FMS – a hop and a step.</p> <p style="text-align: center;">Year 1 learning</p> <p>In year 1, children will perform fundamental movement skills at a developing level. Focus is on running, jumping and throwing.</p> <ul style="list-style-type: none"> running hopping rolling a ball underhand/overarm throw jumping 	<p><u>Aim and success criteria of athletics for year 1</u></p> <ul style="list-style-type: none"> Children will explore the FMS of running, jumping and throwing activities and take part in simple challenges and competitions. They will experiment with different ways of travelling, throwing and jumping, increasing their awareness of speed and distance. In all athletic activities, children think about how to achieve the greatest possible speed, height, distance of accuracy. <p><u>Breakdown of skills</u></p> <p>Running</p> <ul style="list-style-type: none"> Definite flight phase Stride length at max Complete extension of support leg Arms bent at 90 degrees and swing back and forwards in opposition to legs Non-support knee bends 90 degrees
<p style="text-align: center;">Key Knowledge</p> <p>Children need to be made aware of the skills required in athletic activities.</p> <p>Focus is on running, jumping and throwing so they must experiment with different ways of moving, types of throw and jumps.</p>	<p style="text-align: center;">Future learning</p> <p>In year 2, children will perform fundamental movement skills at a developing level and start to master some basic movements.</p> <ul style="list-style-type: none"> running hopping skipping jumping overarm throw/underarm throw rolling a ball bouncing a ball kicking 	<p>Jumping</p> <ul style="list-style-type: none"> Arms swing back behind body in preparation Crouch is deeper and more consistent Arms swing forward with force during take-off and reach high Full extension of legs and feet at take off Body leans forward at landing <p>Throwing (overarm)</p> <ul style="list-style-type: none"> Arm is swung backward in preparation Opposite arm is raised for balance/direction

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- *catching*
- *galloping*

- *Weight transfers from back foot to front foot, with a step with foot opposite to throwing arm.*
- *Definite turning of the body through legs, hips and shoulders.*

Supporting resources

Running



Jumping



Overarm throw

