

KS1 Athletics

In KS1, children will try to beat their personal best through different athletic events including running, jumping and throwing. Children will be introduced to foam javelin's and discuss and shown the different ways to throw them.

In this unit children will:

- Sprint in races
- Run in relay races and practice passing a baton
- Compete against each other and themselves trying to beat their personal best.
- Run over hurdles
- Practice discus and javelin throws and learn the correct technique
- Compete in both sports day and wet

Key Questions

How do I hold a javelin?

What is a discus?

How can I beat my personal best?

Prior Learning

EYFS Running, jumping

Cross Curricular Links

Maths, geography, history, French, Science,
Outdoor Learning



Key Vocabulary

ATHLETE: a trained person in sports who takes part in track and field competitions

Baton - a tube that is passed from one relay race member to another. The runner holding the baton is the current runner for that team in the race.

DISCUS THROW: a sports event of throwing the discus

FALSE START: an invalid start of a race in which one of the competitors starts too early – before the official signal has been given

HURDLES: a series of frames that runners must jump over

JAVELIN THROW: a sports event of throwing the javelin

RELAY: a race of teams of runners passing batons to each other on a team

Sprint- a short running race where acceleration and top speed are important.

Equipment

Foam Javelins, discus, cones, field,
tape measure