

Subject





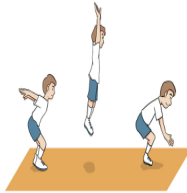
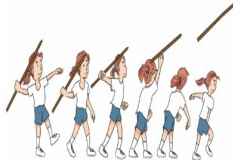
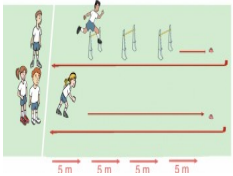
Theme

PE

Athletics



Hurst Hill Primary School
Learning Together

	<u>EYFS</u>	<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
<u>Key skills</u>	Hopping, galloping, skipping, sliding, jumping, changing direction, balancing, running.	Running at varying speed, agility, balance, running over obstacles, jumping, hopping and leaping for distance, jumping combinations, throwing for distance, throwing for accuracy.	Running at different speeds, running over obstacles, agility and coordination, jumping for distance, jumping for height, throwing for distance, throwing for accuracy.	Sprinting, running over obstacles, jumping for distance, jumping for height, push throwing for distance, pull throwing for distance.	Pacing, sprinting, jumping for distance, jumping for height, throw, heave, launch for distance.	Pacing, sprinting, relay changeovers, jumping for distance, jumping for height, push throwing for distance, pull throwing for distance.	Pacing, sprinting, jumping for distance, jumping for height, push throwing for distance, fling throwing for distance.
<u>Key vocabulary</u>	Hopping Galloping Skipping Fast Slow Balance 	Running Speed Balance Jumping Hopping Throwing 	Different speeds Obstacles Coordination Distance Height Accuracy Agility 	Sprinting Push throwing Pull throwing Accuracy 	Pacing Sprinting Height Heave Launch Distance 	Sprinting Relay Changeover 	Sprinting Relay Changeover 
<u>Significant athletes</u>	Katarina Johnson-Thompson	Usain Bolt — what has he done for the sport?	Kendra Harrison— USA hurdles champion 2019.	Malaika Mihambo - 2019 long jump champion. Lauryn Steadman double World Champion para-triathlete and six-time European Champion.	Randy Barnes - world record holder for longest shot put throw.	Jamaican relay team 2016 champions.	Ethel Catherwood first female high jump champion.

August and September— Tokyo Olympics and Paralympics

April— London Marathon

June— British Athletics Championship

Real world events