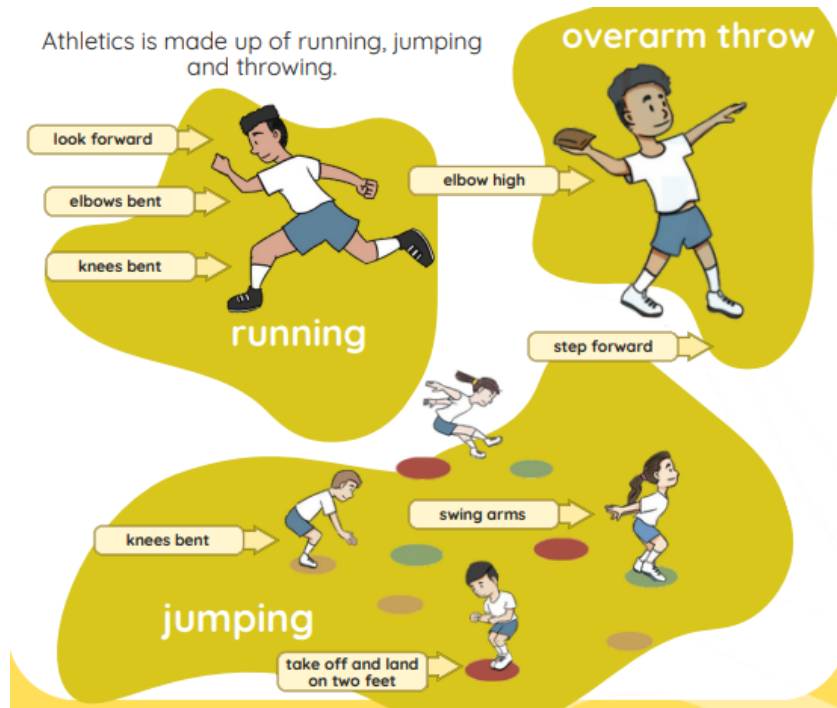




Athletics



Key Vocabulary and Skills	
Athletics	Athletics is a type of sport that includes track and field events, such as running races, jumping and throwing.
Teamwork	The children will be working as part of a team to practise different skills, such as running, jumping, travelling and throwing.
Communicating	Communication is the key skill we will be working on this term. The children will practise talking to each other while playing a range of team games.

Ladder Knowledge



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.

The School Games Values



The value we will be focusing on this term is **teamwork!**

The children will try to show the games values in their PE sessions. The children that do this will be awarded the 'Player of the Week' certificate in Celebration Assembly.