



PE – Athletics – Year 1/2

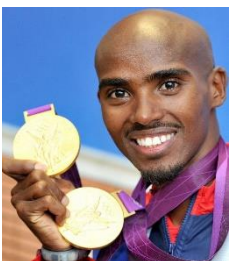
Key Learning

1. To know how to change speed and direction when running.
2. To know how to jump from a standing position with accuracy.
3. To know how to perform a variety of throws with control and coordination.
4. To know how to use equipment safely.

Vocabulary

Sprint	Running as fast as you can for a short distance.
Relay	A team race where runners take turns and pass a baton.
Jump	Pushing off the ground to go up and forward.
Throw	Using your arm to send something like a ball or beanbag as far as you can.
Warm Up	Gentle exercises you do before an event to get your body ready.
Take Off	The moment your feet leave the ground during a jump.
Race	A contest to see who can run the fastest.
Grip	How you hold the javelin before you throw it.
Push	Using your hands to forcefully move something forward, like in the chest push.
Run Up	The short run you take before throwing the javelin.

Key Athletes



Sir Mo Farah

Mo Farah is a British long-distance runner, a four-time Olympic gold medallist, known for his dominance in the 5,000m and 10,000m track events.

Christine Ohuruogu

Christine Ohuruogu is a British Olympic gold medallist and World Champion in the 400m, known for her powerful finishes and remarkable consistency on the track.



PUSH

