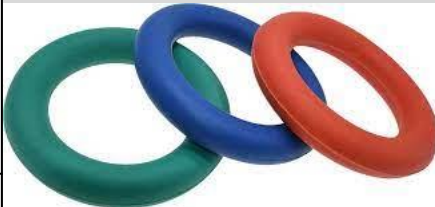
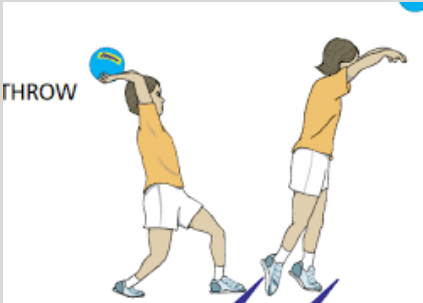




Year 1: Athletics

Subject Specific Vocabulary		Important Information	Important knowledge
relay	An event where a team of children perform taking turns.	 <p>A quoit is made out of rubber.</p>	<input type="checkbox"/> I can perform a bean bag throw, quoit throw, tennis ball throw and a football throw using an over arm and under arm technique.
power	How much strength you use.		<input type="checkbox"/> I know how to change my power to throw a bean bag further.
control	Knowing what your body is doing.		<input type="checkbox"/> I know how to compete fairly in a throwing competition.
accurate	When you hit a target.		<input type="checkbox"/> I know how to change my technique of throwing for different equipment.
co-ordination	When two or more parts of the body work together.	 <p>A football throw comes from behind the head.</p>	<input type="checkbox"/> I know how to handle equipment safely.
space	Where you can't touch anything or anyone.		<input type="checkbox"/> I can perform a throwing relay as part of a team.
travel	Moving from one area to another.	 <p>A tennis ball can be thrown over or under arm.</p>	<input type="checkbox"/> I can perform a throw for distance with a bean bag, quoit, tennis ball, football and dodge ball.
aware	Knowing what is around you.		<input type="checkbox"/> I can perform against others whilst changing my technique.
rules	How to take part in the race or competition.		<input type="checkbox"/> I know how to compete fairly and following the rules.
link	Joining to skills together.		