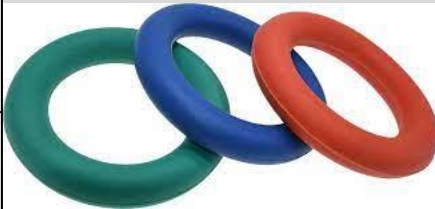
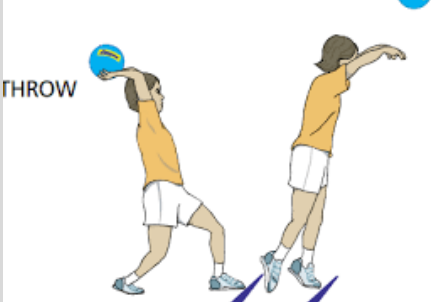



Year 1: Athletics

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>  <p>A football throw comes from behind the head.</p>  <p>A tennis ball can be thrown over or under arm.</p>	<ul style="list-style-type: none"> <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. <input type="checkbox"/> I know how to change my power to throw a bean bag further. <input type="checkbox"/> I know how to compete fairly in a throwing competition. <input type="checkbox"/> I know how to change my technique of throwing for different equipment. <input type="checkbox"/> I know how to handle equipment safely. <input type="checkbox"/> I can perform a throwing relay as part of a team. <input type="checkbox"/> I can perform a throw for distance with a bean bag, quoit, tennis ball, football and dodge ball. <input type="checkbox"/> I can perform against others whilst changing my technique. <input type="checkbox"/> I know how to compete fairly and following the rules.
control	Knowing what your body is doing.		
accurate	When you hit a target.		
space	Where you can't touch anything or anyone.		
rules	How to take part in the race or competition.		
link	Joining to skills together.		
distance	The length between two points		
compete	Trying to win against other people		
over arm	Swinging the arm over the shoulder to throw		
under arm	Swinging the arm below the shoulder to throw		