## Year 1: Obstacle and Races

Subject Specific Vocabulary		Important Information	Important Knowledge
event	The race you take part in.		☐ I know how to chase a partner.
follow	Stay closely behind someone else.		☐ I can perform hopping, running and hopscotch.
position	Where you finish in the race.		I know how to run, hop and hopscotch at different speeds.
balance	Not falling over.	Waiting your turn keeps every safe.	I know how to use agility when hopping, running and hopscotch.
lane	The part of the track you race along.		☐ I know how to play a running game fairly. ☐ I can perform in a competitive
space	Where you can't touch anything or anyone.		competition.
travel	Moving from one area to another.		☐ I can perform as part of a team.
aware	Knowing what is around you.		☐ I know how to use and move equipment safely.
rules	How to take part in the race or competition.	Obstacle courses have	
link	Joining two skills together.	many different activities.	