



Physical skills:		Game Rules:	
<p>Run quickly and effectively Kick a ball into a goal Throw at a target under arm Throw over arm for distance Balance + Hand-eye co-ordination</p>		<p>Vortex throw Egg+Spoon race Relay race Penalty shoot Standing long jump Bean bag throw Obstacle race Football Dribble</p>	
Key Learning:	Prior Learning:	Sporting icons/ Enrichment Opportunities:	
<p>Athletics Acquiring and developing skills remember, repeat and link combinations of actions. use their bodies and a variety of equipment with greater control and coordination Selecting and applying skills, tactics and compositional ideas use their bodies and a variety of equipment with greater control and coordination Knowledge and understanding of fitness and health recognise and describe what their bodies feel like during different types of activity Evaluating and improving performance watch, copy and describe what they and others have done</p>	<p>Running Jumping Throwing Control Travel warming up cooling down speed take-off pathways tactic relays</p>	<p>Sports Day</p>	

Subject Specific Vocabulary	
Key word	Definition
Agility	quickly stop, change direction and get moving again
Aim	Ability to hit a target or goal
Target	A mark or object to shoot at
Force	Effort needed