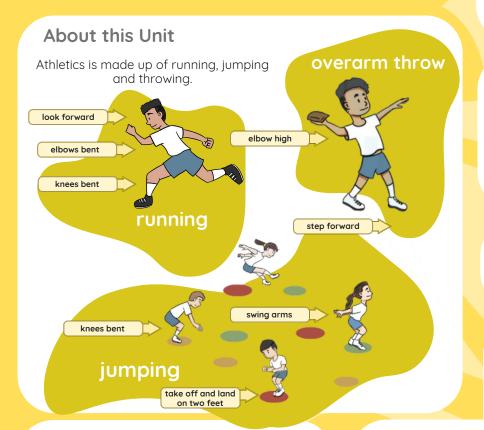


Knowledge Organiser Athletics Year 1



Ladder Knowledge

Running:

Swing your arms, it will help you to run faster.

Jumping:

Landing on the balls of your feet helps you to land with control. Bend your knees, it will help you to jump further. Throwing:

Stepping forward with your opposite foot to throwing hand will help uou to throw further.

• run

• balance

agility

co-ordination

• hop

• jump

leap throw This unit will also help you to develop other important skills.

work safely, collaboration

perseverance, independence, honesty, determination

reflection, comprehension, select and apply skills

Rules help you to play fairly.

• Behave and move in a safe wau.

 Wait to take turns when told to.



Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Fill it Up



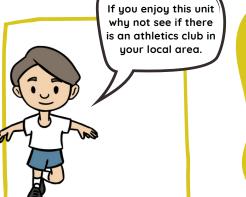
What you need: six socks and two pots

- · Players have one pot each that they place 6m apart. Place six socks in the centre.
- · Players start at their pot and run to the middle, taking one sock back to their pot. Continue until there are no socks left in the middle, then run to your opponents pot to collect one sock at a time.
- Who is the first to have 5 socks in their pot?
- · Playing by yourself? From a pile of socks 6m away, how many can you get into your bucket in 1 minute?

Top tip: take small steps so that you can change direction quickly.



Head to our youtube channel to watch the skills videos for this unit.



This unit will help you to:

- change direction
- move different body parts at the same time
- be faster
- move for longer
- be stronger

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time control leap

Key Vocabulary

hop

underarm direction overarm

further quickly walk