






Year 1
Summer 1

Manor Leas Infant School Knowledge Organiser
Physical Education
Athletics

Star Words	Definition
Balance	Staying still and controlled.
Speed	How fast or slow you move.
Direction	The way you are moving.
Distance	How far you move or throw.
Target	What you are aiming at.

Sticky Knowledge

Athletics includes running, jumping and throwing. In this unit, pupils learn to run at different speeds, jump for distance and throw using control. They will practise balance, change direction and improve their skills through challenges. Pupils will work safely, follow rules and try to improve their personal best.

I can move at different speeds over different distances.
Use big steps to run faster.
Slow down to stay in control.

I can balance when moving and landing.
Look forward to help you balance.
Keep your body still when you land.

I can change direction quickly.
Bend your knees to help you turn.
Take small, quick steps.

I can jump, hop and leap for distance.
Swing your arms to help you jump further.
Bend your knees when you land.

I can throw an object for distance.
Step forward with your opposite foot.
Swing your arm forward to throw.

I can throw an object with accuracy.
Look at your target.
Point your hand at the target when you release.



Home Learning Ideas

Fill it Up

What you need: six socks and two pots

How to play:

- 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?

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

www.getset4education.co.uk

Helpful Websites

Head to the Youtube channel to watch the skills videos for this unit.

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