

# Athletics

This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve our skills through athletics. In addition, we evaluate and recognise our own successes.

Athletics:

We will learn to use running, jumping, throwing and catching in isolation and in combination. Also, compare our performances with previous ones and demonstrate improvement to achieve our personal best.

Key Vocabulary			
run	jump	throw	catch
baton	ball	100m	short distance
long distance	javelin	shot put	discus
pace	time	distance	personal best
compete	competition	competitors	track



Rate your athletics skills out of 5 stars	
I can complete a 50 metre run	★ ★ ★ ★ ★
I can complete a 100 metre run	★ ★ ★ ★ ★
I can throw the javelin	★ ★ ★ ★ ★
I can complete an egg and spoon race	★ ★ ★ ★ ★
I can participate in a relay race	★ ★ ★ ★ ★

# Gymnastics

## Shape, Travel and Balance

This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve our skills through gymnastics. In addition, we evaluate and recognise our own successes.

Gymnastics:

We will learn to develop our movement, speed, shape and balance. In addition, we will compare our performances with previous ones and demonstrate improvement to achieve our personal best.

Key Vocabulary		
core	strength	curl
jump	warm-up	shape
feet to feet	cool-down	sequence
speed	balance	movement
fast	wide	high and low
slow	thin	instructions



Rate your shape, travel and balance out of 5 stars	
I can perform some different balances	★ ★ ★ ★ ★
I can work with a partner to create and perform balances	★ ★ ★ ★ ★
I can compose, remember and perform a sequence of different shapes, travel and balances	★ ★ ★ ★ ★
I can show control when performing different shapes, travel and balances	★ ★ ★ ★ ★
I can link movements together to make my sequences flow	★ ★ ★ ★ ★