



Jerry Clay Academy Subject Unit Overview

Subject: PE – Athletics

Year Group: Year 1

Term: Summer_1

Core Learning of This Unit:

- Run at fast and slow speeds, changing direction.
- Link running and jumping activities with some fluency, control and consistency.
- Make up and repeat a short sequence of linked jumps.
- Take part in a relay activity.
- Throw a variety of objects, changing their action for distance.
- Recognise when their heart rate and temperature have changed.

Prior Learning:

Reception:

Personal, social and emotional development – Building relationships, managing self

Physical development - Gross motor skills

Expressive arts and design - Being Imaginative and Expressive

National Curriculum Statements:

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

Significant People



Sally Pearson

Sally Pearson, is a retired Australian athlete. She is the 2011 and 2017 World champion and 2012 Olympic champion in the 100 metres hurdles.

Key Vocabulary:

- Run/Jog/walk
- Throw/discus
- Javelin
- Accuracy
- Balance
- Pace