

# P.E. Key Stage 1- Athletics.



## End of Key Stage Expectations

Vary pace and speed when running

Run with basic techniques over different distances,

Jog and sprint in a straight line.

Maintain control when changing direction.

Perform different types of jump.

Jump as high as possible and as far as possible.

Land safely and with control

Throw underarm and overarm.

Throw a ball towards a target, with increasing accuracy.

Improve the distance thrown by using more power.

## Key Vocabulary

Sprint, jog, pace, speed, take-off, landing, height, distance, power.



## Inspirational Athlete

Dina Asher Smith. British sprinter and the fastest British woman in history.