

Parsonage Farm Nursery and Infant School

Year 1

PE: Multi-Skills Sports Day

Summer 2

Knowledge

- ❖ Explain what they can do to move faster when sprinting.
- ❖ Know how to use their arms and legs to help them jump further.



Prior Skills and Knowledge

- ❖ Know the difference between **sprinting** and **jogging** and have practised both.
- ❖ Travelled in straight and curved lines.
- ❖ Practised ways of jumping further and higher.

Skills

Children will be able to:

- ❖ change direction quickly when sprinting;
- ❖ balance an egg on a spoon while travelling forwards;
- ❖ sprint in a straight line vary their body position and grip during the egg and spoon race as required, e.g. when moving faster/slower;
- ❖ jump from two feet to two feet in different directions, e.g. forwards, sideways, backwards;
- ❖ throw underarm with control;
- ❖ throw overarm with control;
- ❖ throw accurately to reach a target;
- ❖ move a football using the inside of the foot and demonstrate some control;
- ❖ stop a moving ball and quickly change direction.

Key Vocabulary

- ❖ balance
- ❖ control
- ❖ co-ordination
- ❖ hurdles
- ❖ landing
- ❖ obstacle
- ❖ power
- ❖ take-off
- ❖ target

Safeguarding

- ❖ Ensure appropriate warm-ups and cool downs.
- ❖ Assess weather and decide if PE can take place outdoors or if it would be safer indoors.
- ❖ Follow the safety procedures recommended by Hampshire e.g., wearing of jewellery, carrying equipment safely.
- ❖ Ensure the children are appropriately dressed and have the correct footwear.

