



Locomotion & Running



PE
Year 1

Can I explore running using different body parts and different techniques and begin to understand how to run efficiently?

When may we need to accelerate when running? Can I apply the correct technique of running as fast as we can in a racing context?

What is a relay? Can I apply my understanding and application of running over a longer duration and as part of a team?

Why do we need to stay in a space when running? Can I develop my running technique applying it into a game?

Can I apply my knowledge of how to run and where to run, while exploring running at different speeds?

What are the consequences in a game if we do not run and avoid the defender?

Celebration/Evaluation

.I will apply the skills I have learnt to take part a sports day event.

Key Vocabulary

Attacker, Defender, Space, Speed, Acceleration, Tag,
Technique, Speed, Consequences, Avoid

What to revisit?