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PHYSICAL DEVELOPMENT	Athletics	EYFS

Cross curricular links

Personal, Social and Emotional Development:

Self Regulation: Show resilience and perseverance in the face of challenge.

Managing self: Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.

Pictures/photos relevant to topic

Key skills

Children will learn to:

- Run and jump in different ways
- Roll equipment
- Throw an object at a target

Key Vocabulary/definitions

- Relay: Working as a team to complete a race with a baton
- Speed: To move quickly
- Hurdles: A runner that a runner jumps over during a race
- Long jump: Two footed jump forward

Useful information

Skill	Definition	How do I do this?
Sprinting	To run a short distance at top speed.	-Keep looking straight ahead, and take big strides. -Run on the balls of your feet and lift your knees high and fast. Use your arms for balance (alternate to legs) moving from pockets to mouth.
Hurdling	To leap over obstacles whilst running.	-Look straight ahead when running and hurdling so that you don't over-rotate. Bend your knees on take-off and landing. Count the number of strides between each obstacle and try to keep this even. Keep a rhythm between the obstacles.
Jumping	To launch both legs off the floor at the same time	-Bend your knees on take-off and landing. -For distance, swing your arms up for momentum. -Where appropriate, take off from two feet.
Throwing	To launch something with force from the hand.	-Begin with a high elbow in line with shoulder and back of head. Point your non-throwing arm in direction of target. Foot of non-throwing side forward. Push throwing arm forward and release.
Using multiple skills	To use the above skills together.	-Many events involve running and jumping or running and throwing. Make sure that you are still keeping the correct technique, for skill & strength.

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