

COMPETING EDSTART

Year 1 - Sports Day Events Unit of Work

Pupils will be taught...

Overall Learning Outcomes

Children can:

- **Dress with help** (E.g. puts arms into open-fronted coat or shirt when help up, pulls up own trousers, and pulls up zipper once it is fastened at the bottom)
- **Change direction quickly**
- **Run efficiently using the correct technique**
- **Accurately throw a small piece of athletic equipment for distance**
- **Understand the basics of jumping and landing**
- **Follow set rules for races and be able to put together all their basic movement skills**
- **Observe the effects of activity on their bodies**

Learning Objective

Learning Outcomes

1 To work on running and changing direction quickly

Children can:

- Change direction quickly
- Be more agile when running and turning
- Run efficiently using the correct technique
- Safely under control stop and start running/moving
- Travel at various speeds and can change the way they are travelling

2 To throw small pieces of athletic equipment for distance

Children can:

- Judge the distance they need to throw and can aim accordingly
- Throw a variety of small athletic pieces of equipment for distance

3 To race through obstacles, when jumping, crouching, and dodging is required

Children can:

- Run at an object and safely jump over to continue running
- Duck under and crawl through objects to continue racing

4 To jump for distance using a set footwork pattern

Children can:

- Understand the basics of jumping and landing
- Know to bend their knees to jump and land safely
- Jump for distance when using a two footed jump approach

5 To race in teams and follow set instructions

Children can:

- Race in relays, and work together as a team to finish a race

6 To perform in a Mini Sports Day, using events and techniques shown

Children can:

- Perform in a variety of events against other pupils
- Know what each event entails

Assessment Mark

Requirements

Working Towards

- Understand basic rules
- Retain key information
- Use fundamental movements (Jog, jump, hop, balance, skip, side to side, change of direction)

On Target

- Can understand athletics terminology (Baton, hurdle, javelin, relay, sprint)
- Performs learnt skills with some control and coordination
- Can run, throw, and jump in a safe and controlled manner
- Understands risks and how accidents can be prevented
- Uses basic running, jumping and throwing techniques to achieve some success

Above Target

- Can describe how their body feels before, during and after exercise
- Demonstrate confidence when running, jumping and throwing
- Achieves success using developed techniques
- Shows a clear understanding of tasks they are given
- Shows good teamwork skills in competitive situations
- Shows some leadership qualities and communicates effectively with others

To be **ON TARGET**, pupils must achieve all bullet points from **WORKING TOWARDS** and at least 3 bullet points from **ON TARGET**.

To be working **ABOVE TARGET**, pupils must achieve all points from **WORKING TOWARDS** and **ON TARGET** as well as at least 3 bullet points from **ABOVE TARGET**.