



<b>PE</b>	<b>Year 2</b>
<b>Focus: Athletics</b>	
Age related vocabulary	
<b>Distance</b>	How far something travels

Carlton Assessment Grid			
Success Criteria	Pupil Reflection		Teacher Assessment
	Before	After	
To develop the <b>sprinting</b> action.	<input type="checkbox"/>	<input type="checkbox"/>	
To develop <b>jumping for distance</b> .	<input type="checkbox"/>	<input type="checkbox"/>	
To develop technique when <b>jumping for height</b> .	<input type="checkbox"/>	<input type="checkbox"/>	
To develop <b>throwing for distance</b> .	<input type="checkbox"/>	<input type="checkbox"/>	
To develop <b>throwing for accuracy</b> .	<input type="checkbox"/>	<input type="checkbox"/>	
To select and apply knowledge and technique in an athletics carousel.	<input type="checkbox"/>	<input type="checkbox"/>	

<b>Key Knowledge</b>
<b>Sprinting</b> – Use big strides. Run on your toes with a high knee left. Opposite arm to leg. Arms move pocket to mouth
<b>Long jump</b> – Bend your knees and place your arms backwards. Take off with 2 feet and extending your knees. Push your hips forwards and swing your arms forwards.
<b>High jump</b> – Jump from a balanced starting position. Look straight ahead. Drive arms up when jumping for height. Bend knees to jump and land.
<b>Throwing for distance</b> - Step forwards with the opposite foot to throwing hand. High elbow in line with the shoulder and back behind the head. Release with your hand pointing towards your partner. Throw in a straight line by pointing your throwing hand at your target after you have thrown. Stand sideways on to the direction of the throw.
<b>Throwing for accuracy</b> – As throwing for distance plus take your time so that you can throw accurately. Explore using underarm and overarm throws.