



Hadfield Infant School - Medium Term Progression

Subject - Physical Education	Term - Spring 4
Curriculum Content	
Year 1	Year 2
<p>Athletics <u>Running</u> Vary their speed when running, show good posture and balance. Jog in a straight line, change direction when jogging. Sprint in a straight line, change direction when sprinting.</p> <p><u>Jumping</u> Perform different types of jumps; two feet to two feet, two feet to one foot, one foot to the same foot or one foot to the opposite foot Perform a short jumping sequence. Jump as high as possible Jump as far as possible Land safely and with control. Work with a partner to develop the control of their jumps.</p> <p><u>Throwing</u> Throw underarm and overarm. Throw a ball towards a target with increasing accuracy Improve the distance they can throw by using more power.</p> <p>Boot-camp/Fitness and endurance To describe how their bodies feel before, during and after exercise. To place and use equipment safely. To understand we need to warm up and stretch before exercise and cool down after.</p>	<p>Athletics <u>Running</u> To run at different speeds and describe how to change their pace. To use a variety of different stride lengths. To vary the direction and speed in which they are travelling. To complete an obstacle course with increased speed. To maintain control as they change direction when jogging or sprinting.</p> <p><u>Jumping</u> Perform and compare different types of jumps, for example; two feet to two feet, two feet to one foot, one foot to the same foot or one to the opposite foot. Combine different jumps together with fluency and control. Jump for distance from a standing position with accuracy and control.</p> <p><u>Throwing</u> Throw different types of equipment in different ways, for accuracy and distance. Throw with accuracy at different targets. Investigate ways to alter their throwing technique to achieve a greater distance.</p> <p>Boot-camp/Fitness and endurance Recognise and describe how the body feels during and after different physical activities. Explain what they need to stay healthy. Carry and place equipment safely. Explain why it is important to warm up and stretch before exercise and cool down afterwards.</p>
Vocabulary	
Running, jumping, throwing, catching, sprint, balance, jump, high, low, land, safely, overarm, underarm, distance warm-up, cool down, stretch, heartrate, muscles, lungs, breathing, fitness, sweating, hydration,	Speed, pace, travel, direction, obstacle, throw, jump, control, distance, balance, co-ordination, overarm, underarm, aim, focus, hurdles, take off, landing, target, baton, replay, evaluate, improve Heartrate, muscles, lungs, breathing, fitness, sweating, hydration, health, fitness, warm up, cool down,

