

Topics: Athletics (Running, Jumping and Throwing), Tennis

Year: 2/3

Summer Term

Extended learning opportunity

This unit will develop the following skills:

Social: collaboration, working safely

Emotional: perseverance determination

Thinking: observe and provide feedback, comprehension, explore techniques.

Running:

Pace yourself when running further or for a long period of time. A high knee drive, pumping your arms and running on the balls of your feet will give you power to run faster.

Jumping:

Transferring weight will help you to jump further. Swing your arms forwards and push your hips forward to help you to transfer weight.

Throwing:

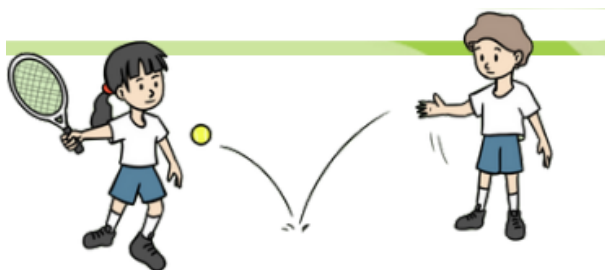
Transferring weight will help you to throw further. Move the weight from your back leg to your front leg to help you to throw further.

Tennis

Tennis is a net and wall game. It is played over a net with a racket and ball and

can be played as a 'singles' (1v1) competition or 'doubles' (2v2) competition.

Tennis or 'Jeu de paume' (palm game) was first played without rackets and used the palm of the hand to hit the ball. The game was invented in the 12th century by monks in Northern France. It wasn't until the 16th century that rackets were added and it became known as tennis.



Defending:

- Move quickly to a ready position in the centre of the space.
- Cover the space between you when playing with someone else.

Key Vocabulary

Accuracy	How close the object is to the given target
Distance	How far or how high
Speed	How fast you are travelling
Pace	How fast you are running
Stamina	The ability to move for sustained periods of time
Technique	The action used correctly
Transfer weight	Movement of body weight from one place to another
Backhand	Played on the non-dominant side of the body
Forehand	Played on the dominant side of the body
Feeder	Someone who throws the ball to you
Receiver	The person who the ball is being hit to
Rally	When a point is played back and forth

Athletics

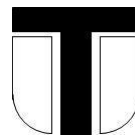
In this unit you will be set challenges for distance and time that involve using different styles of running, jumping and throwing. You will try to achieve your greatest possible speed, distance or accuracy and learn how to persevere to achieve your personal best. You will learn how to improve by identifying areas of strength as well as areas to develop. You will also be given opportunities to lead when officiating as well as observe and provide feedback to others.

Win a point if:

- Opponent hits the ball in the net
- Opponent hits the ball out of the court area
- Opponent misses the ball or it bounces twice

PE

Theale Primary School



Topics: Athletics (Running, Jumping and Throwing), Tennis

Year: 2/3

Summer Term

Running:

Leaning slightly forwards helps to increase speed. Leaning your body in the opposite direction to travel helps to slow down.

Jumping:

If you jump and land quickly it will help you to jump further.

Throwing:

The speed of the movement helps to create power. So, moving from slow to fast will help you to throw further.

