

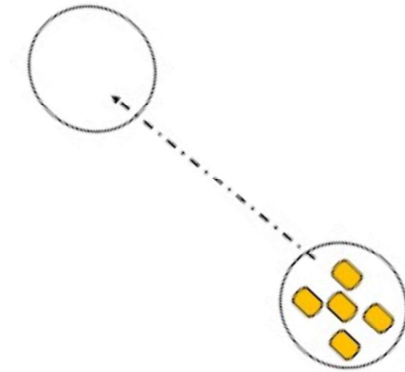
Knowledge Organiser: Year 1 Run Jump Throw Unit 1



Prior Learning: Experienced sending a variety of balls, quoits and beanbags. Can use a range of motor skills. Able to walk, run and travel at a variety of speeds.

Unit Focus: Begin to link running and jumping. Learn and refine a range of running. Develop throwing techniques to throw over longer distances.

Equipment needed: A variety of balls, hoops, beanbags, quoits, throw down markers, foam javelins, balloons, stopwatch, measuring tape, skipping ropes.



Key Vocabulary/Skills

Taking off.	Backwards, distance, far, fast, forwards, furthest, high, hop, link, medium, fastest.
Arm movement.	
Leading arm.	
Start and stop.	
Relay runs.	

Key Questions:

1. How do you know when you have completed a good run, throw or jump?
2. How could you have improved your run, throw or jump?
3. How did you help your partner improve?

Rules:

- Move equipment one at a time.
- Start behind a line for jumps.
- All throw and collect equipment at the same time.



Head: Recognise and implement concepts such as waiting your turn.

Hand: Start and stop at speed, run in straight lines at different speeds.

Heart: Put in effort and stay motivated when challenged.