

Athletics is a collection of sports that includes running, jumping and throwing. Running takes place on an athletics track, there are various running distances including sprints, middle distance, long distance and relay races. Field events involve either jumping or throwing.



running



jumping



throwing



speed

races

personal best

distance

competition

measuring

STEPS TO SUCCESS

These are the skills I need to achieve success in KS1 Athletics:

To move into space.

To control my body and equipment when throwing, running and jumping .

To run and jump on the balls of my feet.

To show a correct pull throw technique.

To land safely when jumping.

To compete against myself and others.