



Somerset Bridge Primary School
Aspire - Brave - Care - Collaborate

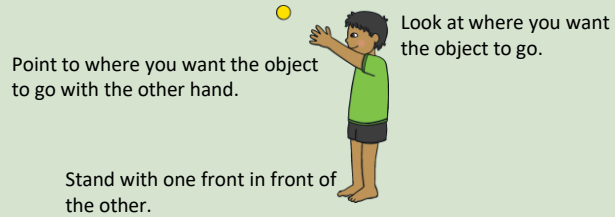
PE Summer: Year 2 Multi-Skills (Athletics)

Throwing Skills

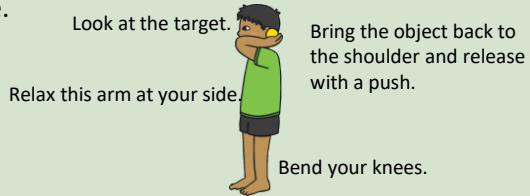
In **Multi-Skills** this term, we will be looking at Sports day events and trying to improve our fundamental movements skills.

Different types of Throwing

An **underarm throw** is good for throwing objects over a shorter distance.



An **overarm throw** is good for throwing objects over a long distance.



Key Skills

-To explore different ways of travelling (forwards, backwards and sideways using jumping, skipping, hopping, running and walking).

-To choose speed and distance and vary them depending on the task.

-To recognise and describe how my body feels before, during and after exercise.

-To identify skills and tactics that are performed well.

-To use what I have seen to improve my own performance.

Equipment

- Cones
- Hoops
- Beanbags
- Baton
- Finish line
- Ladders
- Balls
- Egg and Spoon
- Hurdles



Key Vocabulary

Speed	To move different parts of your body as fast as you can.
Distance	How far something is from something else.
Exercise	When you move your body to grow stronger and stay fit and healthy.
Performance	When you perform a certain skill.
Obstacle	Something that is in your way. It can slow you down or stop you.

Fundamental skills



Year 2 Sports Day Events

Obstacle Race

Running Relay

Hoopla

Hurdles

Bean Bag
Target Throw

Sack Race

Egg & Spoon Race

Football
Dribble