



Physical Education Locomotion Year 1

Unit Purpose

The unit of work will **develop** pupils' ability to run using different parts of their bodies.

Pupils will begin to understand the basic principles of **attack** and **defence** as they develop their understanding of where we need to run and why.

Inspire Me

Did you know... that in 2005 Dean Karnazes ran 350 miles across Northern California without stopping. He did not stop to sleep or to eat! Dean ran continuously for 80 hours, 44 minutes without a break!



Key Success Criteria

- P** Pupils will be able to run applying the correct technique to ensure maximum speed. Pupils will run and stay in a space avoiding the defenders.
- C** Pupils will demonstrate a growing understanding of where to run, why to run there and when and why running fast is important in games.
- S** Pupils will continue to develop life skills such as empathy and fairness as they listen, play by the rules and encourage others.
- W** Pupils will develop life skills such as honesty and self belief as they strive to run as fast as possible, ensuring they are playing by the rules.

Vocabulary for Learning

Attacker: We are considered an 'attacker' when we or our team are in possession of the ball or we are trying to avoid a defender to score a point. The aiming of the game for the attackers is to score as many points as possible.

Defender: We are considered a 'defender' when we are not in possession of the ball or we are trying to tag an attacker. The aim of the game for the defenders is to prevent the opposition (attackers) from scoring.

Space: is an open area on the pitch that is unoccupied by a defender or the defending team. The attackers need to identify an open space to run into to avoid being tagged by a defender.



Sport Specific Vocabulary

Speed: Is the ability to move all or part of the body as quickly as possible. Speed is a vital component to being successful when running.

Acceleration: is how quickly an athlete can increase their speed over a distance when running.

Tagging or Tag: is the method applied by the defending team to stop an attacker from moving.

