

## Lesson 1

### Athletic skills

An introduction to basic skills.

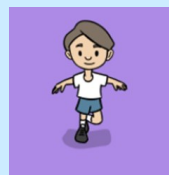


<https://classroom.thenational.academy/lessons/an-introduction-to-running-jumping-and-throwing-cgvkgc?>

## Lesson 3

### Athletic skills

Power and precision.



<https://classroom.thenational.academy/lessons/changing-direction-and-throwing-with-power-and-precision-64wkee?>



## KS2 PE activities

Follow the video links and keep active at home!

## Lesson 2

### Athletic skills

Improving accuracy.



<https://classroom.thenational.academy/lessons/running-over-obstacles-and-throwing-for-accuracy-70tp2t?activity=video&step=1>

## Lesson 4

### Athletic skills

Throwing with an action.



<https://classroom.thenational.academy/lessons/an-introduction-to-throwing-with-a-pushing-action-c8t34r?>