

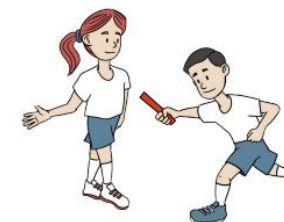
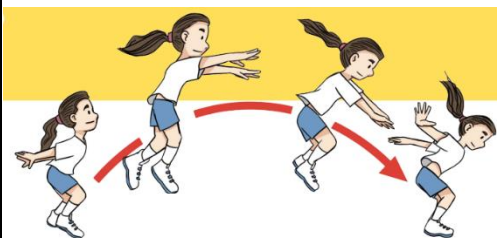


### What should I already know?

- To develop jumping for distance.
- To take part in a relay activity, remembering when to run and what to do.
- To throw a variety of objects, changing my action for accuracy and distance.
- To use different take off and landings when jumping.

### Skills I will develop:

- To demonstrate the difference in sprinting and jogging techniques.
- To explain what happens in my body when I warm up.
- To jump for distance with balance and control.
- To throw with some accuracy and power to a target area.
- To show determination to improve my personal best.



## Official Athletic Events

### Running

#### Sprinting

100m, 200m, 400m

#### Hurdles

#### Relay

#### Middle distance

800m, 1500m

#### Long distance

5,000, 10,000

#### Steeplechase

### Jumping

#### Long jump

Jump for distance

#### Triple jump

Jump for distance

#### High jump

Jump for height

#### Pole vault

Jump for height

### Throwing

#### Discus

Fling throw

#### Shot

Push throw

#### Hammer

Fling throw

#### Javelin

Pull throw



### Key Skills: Physical

- Pacing
- Sprinting technique
- Jumping for distance
- Jumping for height
- Throw, heave, launch for distance

### Key Skills: S.E.T

- Social: Working collaboratively
- Social: Working safely
- Emotional: Perseverance
- Emotional: Determination
- Thinking: Observing and providing feedback
- Thinking: Exploring ideas

### Key Vocabulary (including definition)

**Accuracy:** How close to the target your throw is.

**Flight:** The way in which a thrown object travels through the sky.

**Pace:** The length of one step or stride and the overall rate of movement.

**Personal Best:** Your highest score in one event.

**Speed:** How quickly you run or throw.

**Stamina:** The strength to handle long effort (such as when running).

**Technique:** The particular method or way of doing something.