

PE

Athletics

Summer 1 2023

Lynher

Can I develop sprinting techniques in the circular relay?

We need to ensure we are in the correct position to receive the baton.

I can sprint with good knee lift and arm action.



Can you use control and rhythm in the egg and spoon race?



It is hard to focus on the egg and look forward at the same time, I found it better moving at speed.

I know I have to keep one arm behind my back, stay balanced and move efficiently to avoid dropping the egg.



Can you improve distance from take-off to landing in one jump in the sack race?

I know to land on two feet when jumping and I must bend my knees for greater height.



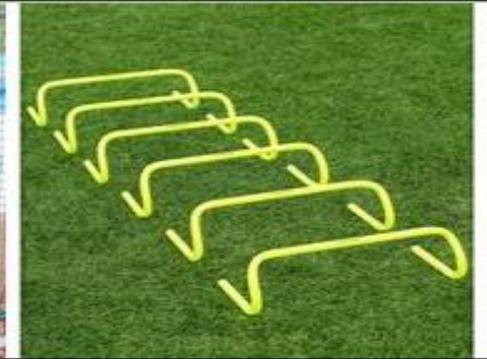
Gaining height meant I can jump further - the biggest challenge was keeping hold of the sack!

Can I maintain speed and stamina in a flat race?



When running longer distances I must pace myself and then sprint at the end.

Using my arms to help me move faster and controlling my breathing helps me to not give up.



Forever Facts

To know how to pass and receive a baton using a **downsweep** in a relay race.

Racing does including pacing yourself in long distance and **sprinting** at the end.

Some people use a preferred leg to lead with over obstacles.

Skills

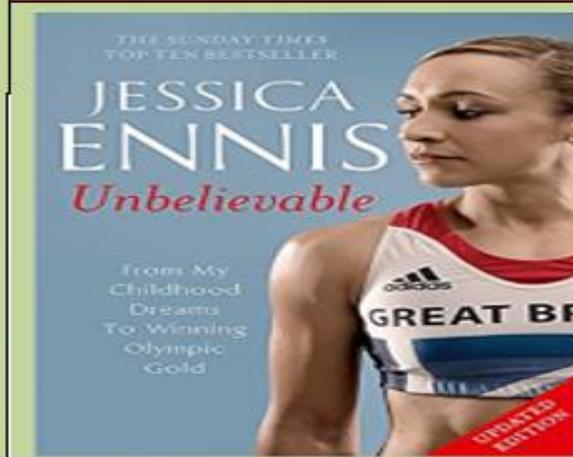
Demonstrate elements of effective sprinting techniques.

Demonstrate coordinate and fluency when hurdling.

Demonstrate some elements of different jumping techniques.

What I have learnt before: Team sports including badminton and hockey, coordination and stamina through dance.

Exciting Books



Our Endpoints

To effectively use the skills taught to successfully run, jump and throw.

Subject Specific Vocabulary

Technique	A way of carrying out a particular task
Stamina	The ability to sustain prolonged physical or mental effort
Flexibility	The quality of bending easily without breaking.
Strength	The quality or state of being physically strong
Endurance	Denoting or relating to a race or other sporting event that takes place over a long distance or otherwise demands great physical stamina.

Personal Development: The real- life knowledge that links **is:** to work effectively as part of a team, body control and movement, teamwork. The jobs it can be used in are: professional athlete, fitness instructor, sports coach or manager, sports official