

**Personal development:**

Develop healthy competitive skills. Promote individual goals. Jobs you could do: athlete, PE teaching, sports coach.

**Forever Facts**

Changing speed and running style can help you to finish a long distance race.

Keeping your body forward can help you to sprint more quickly.

Your arm, leg and body position affect how you throw.

**Skills**

I can apply my understanding of how to improve.

I can run in a straight line with my body forwards.

I can demonstrate a good technique for jumping.

I can demonstrate the correct arm, leg and body position for different throwing disciplines.

**Exciting Books****Our Endpoint**

I can explain how I have improved my athletics performance.

**Subject Specific Vocabulary**

stamina

The ability to sustain physical or mental effort

pace

Speed when walking or running

technique

Particular method of doing an activity

position

A particular way in which someone or something is arranged

discipline

A particular area of study

**What I have learnt before:**

To run, jump and throw