

What I have learnt before:

- We have worked on developing our running, skipping and throwing skills.

**Forever Facts**

Having a good technique will help improve times.

When sprinting it's important to keep your:

- Eyes focused forward throughout the run
- Arms bend at elbows and move in opposition to legs.
- Contact ground with front part of foot.

When jumping and landing you should:

- Keep your eyes focused forward.
- Forceful thrust of arms during take-off.

Exciting Books**Subject Specific Vocabulary**

sprint

Short running races in athletics. Runners run as fast as possible for the entire distance.

acceleration

To go from still to moving at speed.

shuttle relay

A relay race which is run back and forth over a straight course. Each team is divided in half, with team members positioned at each end of the track.

coordination

The ability to make your arms, legs, and other body parts move in a controlled way.

Skills

Use running, jumping, throwing and catching in isolation and in combination.

Develop flexibility, strength, technique, control and balance through athletics.

Compare performances with previous ones and demonstrate improvement to achieve personal best.

Our Endpoint

I can use the skills learnt for running, jumping and skipping for an event.

Personal development:

Develop team skills. Promote healthy lifestyle. Jobs you could do: PE teaching, athletics coach.