

## Key Vocabulary

|                 |                                        |
|-----------------|----------------------------------------|
| acceleration    | targets                                |
| explosive       | up-sweep/down-sweep                    |
| pacing          | measurements                           |
| coordination    | efficient                              |
| personal best   | demonstrate                            |
| stride patterns | observe and give constructive feedback |

## Links to other Learning

Math's-Recording times and distances into tables and graphs.

Science-Forces, Human respiratory system, how organs function.

History-How were the Olympics created and evolved?

## Key Knowledge and Skills

### Children will learn:

- How to develop rhythm in running over obstacles.
- To develop techniques for sprinting, to improve the start, middle and finish of a race.
- How to increase distance and height in jumping using various disciplines - long, high and combination.
- To use a variety of throwing techniques to develop distance and how to measure them using (sling, heave, push and pull styles).
- To develop an understanding of how to improve running longer distances.
- The techniques for relay changeovers using up-sweep and down-sweep methods and how to run differently on straights and bends.



Athletics Track



Relay Baton

## Key Questions & Physical Wellbeing

- Can you explain the importance of different throwing techniques (legs first, arms last, low to high, slow to fast, strong to weak)?
- Can you observe and evaluate another persons running style and use correct vocabulary when doing so?
- Can you explain that large working muscles need a supply of oxygen to keep going?
- Why is it important to keep hydrated in order to improve performance?

## Equipment

|                        |              |
|------------------------|--------------|
| stopwatches            | javelin      |
| tape measure           | hammer ball  |
| recording sheets       | hurdles      |
| discus                 | cones        |
| shot put, cricket ball | relay batons |
| howler                 |              |