PE

Athletics - LKS2

Key Vocabulary

running style	rhythm
changing pace	balance
time	core
combination jump	compete
mobility	fair play
technique	release

Athletics Track



Key Knowledge and Skills

Children will learn:

- How to change speed effectively for the situation i.e. faster for short distance, slower for long distance.
- How to link together a combination of jumps for distance.
- How to demonstrate various throwing actions e.g. pushing, pulling and slinging.
- To discover a suitable running rhythm over obstacles.
- To use different techniques to improve relay change overs.

Key Questions & Physical Wellbeing

- How does running technique improve speed?
- What changes do I need to make, to enable me to run further distances?

Equipment

- stopwatch
- tape measure
- shot put
- javelin
- Discus
- quoit
- howler
- relay baton
- hurdles

