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| Learning Objectives | Key Vocabulary |
| * Demonstrate strength, stamina and speed when running and understand how to manage pace effectively.
* Change-over efficiently with the baton at high speeds during relays.
* Jump with strength, balance and speed throughout all stages of the jump.
* Throw with excellent accuracy, power, speed and strength using run-up in javelin.
* Aim to achieve personal bests in all events.
* Image result for athleticsOrganise and manage an athletics event using knowledge and understanding gained.
 | Steeplechase Speed bounceLong jump Triple jumpJavelin Shot puttDiscusPersonal bestObstacleCombinationControlTimingRelease | Distance ChangeoverFlightStrideTechniquePush throwPull throwEfficiencyTempoPaceStaminaEndurance |
| Skills |
| Sprint Run Jump BalanceCombination jumps | LandThree stride run-upJavelin throwSling techniquePush technique |