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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 bounce  Long jump  Triple jump  Javelin  Shot putt  Discus  Personal best  Obstacle  Combination  Control  Timing  Release | Distance  Changeover  Flight  Stride  Technique  Push throw  Pull throw  Efficiency  Tempo  Pace  Stamina  Endurance | |
| Skills | | |
| Sprint  Run  Jump  Balance  Combination jumps | | Land  Three stride run-up  Javelin throw  Sling technique  Push technique |