|  |  |  |
| --- | --- | --- |
| Learning Objectives | Key Vocabulary | |
| * Demonstrate the ability to run at different speeds. * Know the difference between sprinting and running. * Understand the principles of relay races. * Jump with accuracy and good technique. * Throw with accuracy and power at targets of different distances. * Image result for athleticsGain an understanding of the variety of jumps involved in Athletics. | Steeplechase  Speed bounce  Long jump  Triple jump | Javelin  Shot putt  Discus  Personal best |
| Skills | |
| Sprint  Run  Jump  Balance  Combination jumps | Land  Javelin throw  Sling technique  Push technique  Take-off |