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| 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 bounceLong jump Triple jump | Javelin Shot putt DiscusPersonal best |
| Skills |
| Sprint Run Jump BalanceCombination jumps | LandJavelin throwSling techniquePush techniqueTake-off |