



Summer 1 Year 3- Athletics

Learning Objectives	Key Vocabulary	
<ul style="list-style-type: none"> • 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. • Gain an understanding of the variety of jumps involved in Athletics. 	<p>Steeplechase</p> <p>Speed bounce</p> <p>Long jump</p> <p>Triple jump</p>	<p>Javelin</p> <p>Shot putt</p> <p>Discus</p> <p>Personal best</p>
	Skills	
<div style="display: flex; justify-content: space-around;">   </div>	<p>Sprint</p> <p>Run</p> <p>Jump</p> <p>Balance</p> <p>Combination jumps</p>	<p>Land</p> <p>Javelin throw</p> <p>Sling technique</p> <p>Push technique</p> <p>Take-off</p>