

Prior Learning: In year 2, children practiced their running, jumping and throwing skills. They threw various objects and started to think about how they stand. They jumped in various ways, including 2 feet to 2 feet (the beginning of a standing long jump) and measured these. They also worked in teams to take part in events. They began to compete against themselves and others in races and fun games.

Key Skills

Physical Me

- **Running** - Sprint (50m)
 - Relay
 - Hurdles
- **Throwing** - Javelin/vortex
 - Shotput
- **Jumping** - Standing long jump
 - Standing Triple jump (**hop, step, jump**)
 - **Striding**
- **Balance, Co-ordination, Power, speed, flexibility, agility**

Thinking Me

- Recalling information
- Decision making

Value Me

- Perseverance
- Teamwork

Social Me

- Encourage others
- Communication



Key Knowledge

Accelerate (running) - Acceleration is the transition from standing still, to top-end speed

Standing Long Jump- Jumping two feet to two feet

Standing Triple jump- Hop, Step and a Jump

Shot put - Event involves pushing rather than throwing the shot (heavy ball)

Athletic Events

Track Events:

- 100m sprint
- 200m sprint
- 400m sprint
- 800m middle distance
- 1500m middle distance

Field events:

- Javelin throw
- Long Jump
- Triple Jump
- Shot put
- Discus
- High Jump



Key Vocabulary

Focus

Accelerate

Competition

Triple Jump

Relay

Improve

Shot put

Power

Hurdle

Inspirational Athletes

Sebastian Coe

Sebastian Coe is one of the finest middle distance runners the world has ever seen. He is a British athlete, who won four Olympic medals and set eight world records in middle-distance running.

