



## Links to the PE National Curriculum

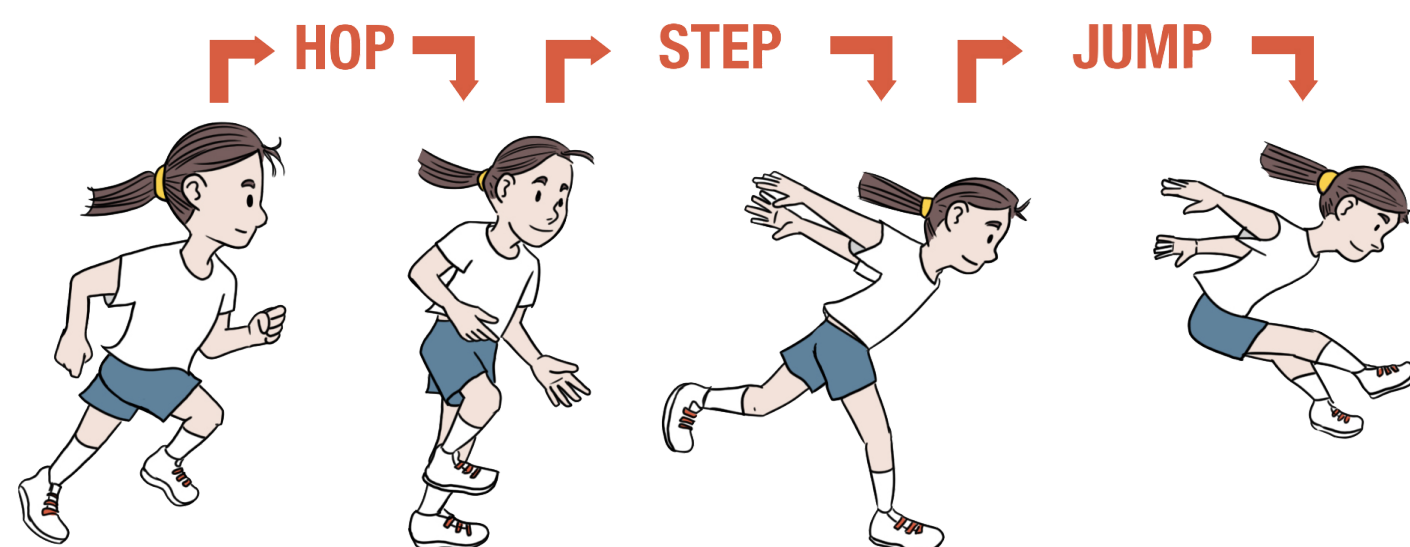
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Develop running, jumping, throwing and catching in isolation and in combination.
- Develop flexibility, strength, technique, control and balance.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

## Key Skills: Physical

- Pacing
- Sprinting
- Running over obstacles - hurdles
- Jumping for distance - triple jump
- Jumping for height - high jump
- Fling throwing for distance - discus
- Push throwing for distance - shot put

## Key Skills: S.E.T

- Social: Negotiating
- Social: Collaborating with others
- Emotional: Perseverance
- Emotional: Determination
- Thinking: Observing and providing feedback



## Official Athletic Events

### Running

#### Sprinting

100m, 200m, 400m

#### Hurdles

#### Relay

#### Middle distance

800m, 1500m

#### Long distance

5,000, 10,000

#### Steeplechase

### Jumping

#### Long jump

Jump for distance

#### Triple jump

Jump for distance

#### High jump

Jump for height

#### Pole vault

Jump for height

### Throwing

#### Discus

Fling throw

#### Shot

Push throw

#### Hammer

Fling throw

#### Javelin

Pull throw

## Key Vocabulary:

**technique**   ● **control**   ● **force**   ● **continuous pace**  
**trajectory**   ● **stride**   ● **momentum**   ● **officiate**  
**flight**   ● **compete**   ● **rotation**   ● **transfer of weight**

## Teacher Glossary

**Lead leg:** refers to the leg that clears the hurdle first

**Trail leg:** refers to the leg that clears the hurdle second

**Changeover:** where a baton is passed from one person to another

**Flight:** the time the performer spends in the air in jumping events

**Hop:** take off on one foot and land on the same foot

**Leap:** take off on one foot and land on the other. Also known as a step in triple jump

**Jump:** take off and land on two feet

**Push throw:** when the performer pushes the item through the air