

**What should I already be able to achieve?**

- Run in different directions and at different speeds, using a good technique.
- Reinforce jumping techniques.
- Understand relay and passing the baton.
- Choose and understand appropriate running techniques.

**Skill set required:**

- Listening & attention
- Safety knowledge
- Teamwork & cooperation
- Respect
- Running
- Jumping
- Throwing
- Coordination
- Agility
- Control
- Accuracy
- Hand-eye coordination
- Weight transfer
- Co-operative
- Reflective (self +peers)

**Vocabulary:**

Run
Target
Heart rate
Speed
Strength
Approach
Throw
Jump
Agility
Suppleness
Power

**What will I be able to achieve at the end of the unit?**

- Select and maintain a running pace for different distances.
- Practise throwing with power and accuracy.
- Throw safely and with understanding.
- Demonstrate good running technique in a competitive situation.
- Explore different footwork patterns.
- Understand which technique is most effective when jumping for distance.
- Utilise all the skills learned in this unit in a competitive situation.



Jumping techniques

Plant and take off from your strongest foot. Use your arms to drive you high and forwards into the air. Arms go up, then forwards. Stretch out legs to land as far away from the take-off board as possible. Land feet first, bring your body forward into a crouching position.