

**Prior Learning:** In Year 2, children continued to practice different ways of jumping (for height and for distance). They practiced the speed bounce over a cone. They looked at different ways of trying to get faster at the speed bounce and running. Children took part in racing on their own and as a team.

## Physical Me

## Key Skills

- **Running** - Shuttle runs/sprints
- **Leaping/hopping** - Over objects
- **Throwing/Pushing** - At a target
- **Skipping** - With a hoop
- **Jumping** - Speed bounce, long jump, for height
- **Co-ordination, strength, Power, Speed**



## Thinking Me

- To improve my performance

## Value Me:

- Self belief
- Perseverance

## Social Me

- Collaborate
- Encourage others

## Key Vocabulary

Co-ordination

Sprint

Speed

Relay

Measure

Competition

Record

Shuttles

Bounding

## Key Knowledge

**Relay** - Is a race between teams of two or more contestants with each team member covering a specified portion of the entire course

**5 Strides** - The participant takes five bounding strides from a standing position, the total distance covered is read from a Graduated mat/or tape measure

**Bounding** - Helps to increase stride length and improve movement control

## 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