

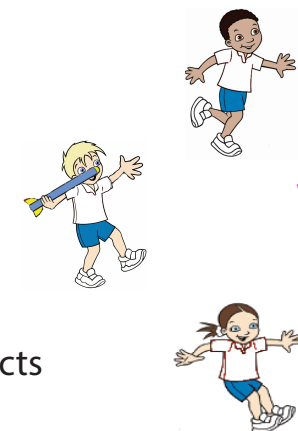
**Prior Learning:** In Early years, children began to develop fundamentals of movement e.g. walking, running, jumping, hopping, skipping. They began to jumping a variety of objects. They threw a variety of objects into targets. They also developed their balancing skills when moving.

## Physical Me

- **Running** - Straight runs
- Through ladders

- **Throwing** - Over arm
- Underarm
- At a target

- **Jumping** - Over small objects
- For distance
- 2 footed



## Key Skills

### Thinking Me

- To improve my performance

### Value Me:

- Determination

### Social Me

- Co-operate with others

## 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

Throw

Race

Run

Jump

Personal Best

FAST

Control

Safe

Mini Coaches

## Key Knowledge

- Running** -
- F - Face forward – head still
  - A - Arms pump fast – ‘hip to lip’
  - S - Speedy feet
  - T - Trunk to be upright

**Throwing**- Standing Side on Bolt pose, use opposite arm and opposite leg, Point in the direction with the non throwing hand.

**Jumping**- Swing arms and bend knees to help you get further.

- Safety bend at knees when landing

## ATHLETICS

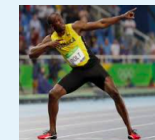


## Inspirational Athletes

### Usain Bolt- Fastest man on earth!

He is a world record holder in the 100 metres, 200 metres and 4 × 100 metres relay.

An **eight**-time Olympic gold medallist!



Bolt is the only sprinter to win Olympic 100 m and 200 m titles at three consecutive Olympics (2008, 2012 and 2016). He also won two 4 × 100 relay gold medals.

Bolt Pose is an iconic celebration!