

Objectives covered within this unit:

To develop Sprint technique individually and as part of a group.

To focus on the difference between run and sprint.
Reflect on personal performance.

Focus on the Baton change in a relay race. Use sprint technique whilst carrying a baton.

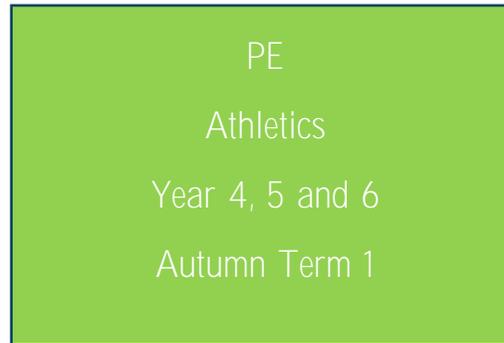
Revisit and improve throwing techniques with a focus on: Sling Chest push.

Revisit and improve throwing techniques with a focus on: Shot Pull Evaluate own performance and areas for improvement.

To improve ability to jump for distance. To combine jumping skills together.

To improve ability to jump for height and speed.
Feedback to peers with regards to performance.
Evaluate own performance and areas for improvement.

Develop hurdle technique. Use speed in an athletics-based activity whilst maintaining control of body.
Evaluate personal performance.



Health and Safety

Exercise in safe places.

Be mindful of others.

Keep your head up and look around.

Warm up and stretch properly.

Make sure liquids are kept away from the flooring.

Clear any spills up quickly and carefully.

Make sure the equipment used is set up properly.

Remove jewellery and wear suitable clothing.

Warm down properly to avoid injury.

Key Vocabulary

Run, Jump, Throw

Speed

Height

Distance

Accuracy

Fitness, Health/Wellbeing

Equipment - hurdles, skipping ropes, cones, space hoppers, beanbags, javelins, relay batons, shotput, high/long jump etc.

