



Key Vocabulary

Sprint start
standing start
Javelin
Position
Diirection
Target
Technique

In this unit, children will investigate running styles and changes of speed, practise throwing with power and accuracy, demonstrate good running technique in a competitive situation, understand which technique is most effective when jumping for distance.

Key Points of Learning

To run efficiently for speed.
To demonstrate good arm and leg technique.
Learn the pull technique for throwing
Describe the effect of different throwing positions.
Sprint a short distance as part of a team.
Understand how to perform a standing broad jump – (two feet to two feet).

Useful Websites

[BBC PE](#)

