



Key Vocabulary

Direction
Speed
Running style
Relay
Circuit

In this unit, children will develop running techniques experimenting with different styles, speeds and directions. They will understand that running uses both the arms and legs for best efficiency.

Key Points of Learning

Understand that running can be done in many different ways
Develop ways to run at different speed and directions with control
Take part in team races
Learn how running has an effect on the heart rate
Shows how to use arm in co=ordination with leg movement for efficient running
Improving speed by using different styles of running

Useful Websites

[BBC PE](#)

