



### Key Vocabulary

Balance  
Co-ordination  
Relay  
Overtake  
Circuit

In this unit, children will develop running techniques, using arms and legs in a co-ordinated and balanced manner. They will understand the purpose of a circuit and how it can improve fitness.

### Key Points of Learning

- Learn what the effects of different actions have on running speed.
- Understand how to overtake safely.
- Know how to complete a running circuit.
- Develop good running technique with good balance and coordination.
- Learn how to be honest and concentrate to give your partner and accurate score.
- Understand that a running circuit can improve fitness.

### Useful Websites

[BBC PE](#)

