



In this unit, children will learn to use correct technique to run at speed, to develop the ability to run for distance, to throw with accuracy and power, to identify and apply techniques of relay running, to understand which technique is most effective when jumping for distance, Learn how to use skills to improve the distance of a pull throw.

Key Vocabulary

Continuous
Push technique
Long Jump
Extend
Bend
Elevation

Key Points of Learning

Sustain running at a continuous pace. Improve the technique for running at speed
Demonstrate correct push technique.
Know the position to stand in when receiving a baton.
Understand how to successfully perform a standing long jump.
Throw for accuracy and speed in a game.

Useful Websites

<https://blogs.glowscotland.org.uk/wl/public/PE/BGE/uploads/sites/2881/2015/04/aviva-elevating-athletics-primary-combined-pack.pdf>

[BBC PE](#)

