Links to the PE National Curriculum

- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Develop running, jumping, throwing and catching in isolation and in combination.
- Develop flexibility, strength, technique, control and balance.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Official Athletic Events

Running

Sprinting
100m, 200m, 400m
Hurdles
Relay
Middle distance
800m, 1500m
Long distance
5,000, 10,000
Steeplechase

Jumping

Long jump
Jump for distance
Triple jump
Jump for distance
High jump
Jump for height
Pole vault
Jump for height

Throwing

Discus
Fling throw
Shot
Push throw
**Hammer**
Fling throw
Javelin
Pull throw

Powerful Knowledge

technique　　compete　　continuous pace　　flight

determination　　personal best　　momentum　　stride

downsweep　　upsweep　　officiate　　rhythm

Key Skills: Physical

- Pacing
- Sprinting technique
- Relay changeovers
- Jumping for height
- Jumping for distance – long jump, triple jump
- Push throw for distance – shot put, javelin
- Pull throw for distance

Key Skills: S.E.T

- Social: Collaborating with others
- Social: Supporting others
- Emotional: Perseverance
- Emotional: Determination
- Thinking: Observing and providing feedback

HOP　　STEP　　JUMP
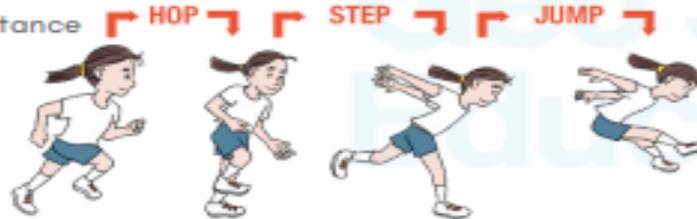
Teacher Glossary

Changeover: where a baton is passed from one person to another
Downsweep: in relay when the performer passes the baton in a downward action
Upsweep: when the performer passes the baton in an upward action
Flight: the time the performer spends in the air in jumping events
Hop: take off on one foot and land on the same foot
Leap: take off on one foot and land on the other. Also known as a step in triple jump
Jump: take off and land on two feet
Pull throw: when the performer pulls the item through the air
Push throw: when the performer pushes the item through the air