



**Key skills / vocabulary:**

Relay- a race between two or more teams of runners in which each runner travels a certain distance.

Hurdles - a race in which people have to jump over a number of obstacles that are called hurdles.

Chest push - A standing throw where the person pushes a weighted ball from the chest.

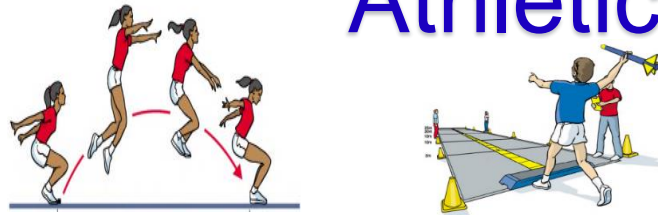
Standing long jump- This two-footed jump from a standing position. It is a test of leg strength.

Triple jump - This is where the athlete does a hop, skip and a jump and the distance travelled is measured.

Vertical jump- A jump from a standing position in which the person competes against their own height and weight.

Speed bounce- a person jumps over an obstacle as many times as they can in a set time.

# Sportshall Athletics



This term in PE we will be looking at Sportshall Athletics.

This is an indoor version of athletics.

Children will take part in a number of events/ activities focusing on skills explored in athletics.

**Key questions:**

How does exercise make you feel physically?

How does exercise make you feel mentally?

What was your favourite event? Why?

**School Games Values**

We will be focusing on certain School Games Values. The main values we will be focusing on (even though they are all important!) will be:

- Teamwork
- Determination
- Self-belief

In this unit children will take part in the following events:

- Running relay (different types)
- Hurdles relay
- Chest Push
- Speed Bounce
- Triple jump
- Standing long jump
- Jump Vertical Jump

**The School Games Values**

