



Key skills / vocabulary:

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

Pacing- setting yourself an achievable, consistent speed whilst running

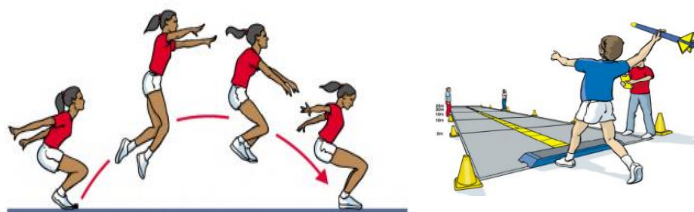
Triple jump – This is where the athlete does a hop, skip and a jump and the distance travelled is measured.

Shot put- to throw a spherical ball, using the correct shoulder throw technique

Javelin- a long distance throw, using a javelin spear (foam).

Throwing- push and pull throwing to result in a long-distance throw.

Sportshall Athletics



This term in PE we will be looking at Sports hall Athletics.

This is an indoor version of athletics where the children will be set distance and time challenges which use different running, jumping and throwing techniques.

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)
- Distance running
- Sprinting
- Triple jump
- Shotput
- Javelin

The School Games Values



Key questions:

How does exercise make you feel physically?

How does exercise make you feel mentally?

How can you achieve your personal best?

