



Class Tamar

PE

Athletics

Summer 1 2022

We learnt how to develop speed technique in sprinting. We made sure we kept our eyes forward, arms bent at elbows and made contact with the front part of our foot with the ground.



I had to keep reminding myself to stop tightening my fists when sprinting.



We learnt how to run as fast as possible in a straight line in a shuttle relay race. We made sure that we held the baton at the base of it whilst running and held the baton at a 90 degree angle ready to pass on.

I really enjoyed working as a team getting the baton to each other as quickly as possible!



We learnt how to combine different jumping and landing actions making sure our actions were coordinated. We kept our eyes focused forward and made sure we used forceful thrusts of arms during take-off.

I was able to jump a further distance when I used my arms to help me!



We learnt how to throw accurately for distance. We used an underarm and overarm throw and reflected on which we preferred and why.

I think I am able to throw further with an overarm throw but higher with an underarm throw.



I can throw more accurately with an underarm throw.



What I have learnt before:

I've learnt how to master basic movements, developing balance, agility and coordination.

**Forever Facts**

Elite competitions take place all over the world. The most famous is the Olympic Games, held every four years.

Having a good technique will help improve times. When sprinting making sure that you run in a straight line, keep looking forward and not at others, run through the line and dip forward just as your finishing!

Skills

Use different parts of the body for different effects

Show increasing control in balance and agility.

Move in an increasingly coordinated way.

Warm up and cool down appropriately.

Exciting Books**Our Endpoint**

To apply the skills learnt over the unit on Sports Day!

Subject Specific Vocabulary

speed	To move quickly.
Acceleration	To go from still to moving at speed as fast as possible.
reaction time	How quickly you react to a stimulus.
track	Events that involve running, usually on the running track.
field	Events that are based around jumping and throwing.
Finishing line	The point at which the timer stops—You DO NOT STOP HERE!
lanes	The running area that you are allowed in.
endurance	Being able to repeat a specific movement—running a long distance.
relay	Working as a team to complete a race with a baton.

Culture capital: Sports enhances social and cultural life by bringing together individuals and communities. It can help to overcome difference and encourages dialogue; this can help to break down prejudice and stereotypes.