

Forever Facts

To know how to pass and receive a baton using a downsweep in a relay race.

Racing does including pacing yourself in long distance and sprinting at the end.

Some people use a preferred leg to lead with over obstacles.

Skills

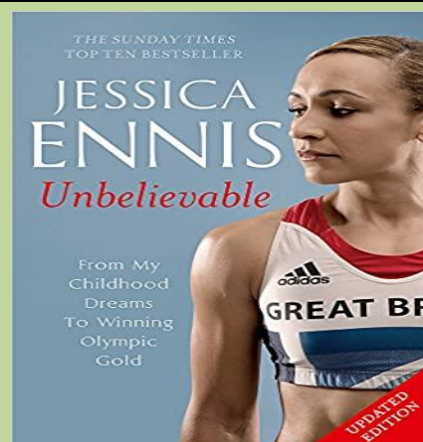
Demonstrate elements of effective sprinting techniques.

Demonstrate coordinate and fluency when hurdling.

Demonstrate some elements of different jumping techniques.

What I have learnt before: Team sports including badminton and hockey, coordination and stamina through dance.

Exciting Books



Our Endpoint

To effectively use the skills taught to successfully run, jump and throw.

Subject Specific Vocabulary

Technique

A way of carrying out a particular task

Stamina

The ability to sustain prolonged physical or mental effort

Flexibility

The quality of bending easily without breaking.

Strength

The quality or state of being physically strong

Endurance

Denoting or relating to a race or other sporting event that takes place over a long distance or otherwise demands great physical stamina.

Personal Development: The real- life knowledge that links is: to work effectively as part of a team, body control and movement, teamwork. The jobs it can be used in are: professional athlete, fitness instructor, sports coach or manager, sports official

