

**Prior Learning:** In year 2, children practiced their running, jumping and throwing skills. They threw various objects and started to think about how they stand. They jumped in various ways, including 2 feet to 2 feet (the beginning of a standing long jump) and measured these. They also worked in teams to take part in events. They began to compete against themselves and others in races and fun games.

## Physical Me

- **Running** - Sprint (50m)
  - Relay
  - Hurdles
- **Throwing** - Javelin/vortex
  - Shotput
- **Jumping** - Standing long jump
  - Standing Triple jump (**hop, step, jump**)
  - **Striding**
- **Balance, Co-ordination, Power, speed, flexibility, agility**

## Key Skills

### Thinking Me

- Recalling information
- Decision making

### Value Me:

- Perseverance
- Teamwork

### Social Me

- Encourage others
- Communication



## Athletic Events

### Track Events:

- 100m sprint
- 200m sprint
- 400m sprint
- 800m middle distance
- 1500m middle distance

### Field events:

- Javelin throw
- Long Jump
- Triple Jump
- Shot put
- Discus
- High Jump



## Key Vocabulary

Focus

Accelerate

Competition

Triple Jump

Relay

Improve

Shot put

Power

Hurdle

## Key Knowledge

**Accelerate (running)** - Acceleration is the transition from standing still, to top-end speed

**Standing Long Jump**- Jumping two feet to two feet

**Standing Triple jump**- Hop, Step and a Jump

**Shot put** - Event involves pushing rather than throwing the shot (heavy ball)

## Inspirational Athletes

### Sebastian Coe

Sebastian Coe is one of the finest middle distance runners the world has ever seen. He is a British athlete, who won four Olympic medals and set eight world records in middle-distance running.