



**Experience a variety of running, jumping and throwing techniques; understand the limits of personal performance; apply simple rules and conventions of athletic events; use simple tactics to improve performance.**

**Curriculum objectives**

Copy, repeat and evaluate simple athletic skills and actions (run, throw, jump) showing control and co-ordination. Improve skills of running, jumping and throwing.

**Core task**

To develop the stamina to keep going (jogging) for 2 minutes; to be able to participate in, officiate, record and evaluate an athletic 'triathlon' event consisting of a run (sprint or distance), a jump (single or combination) and throw (using a push, pull or sling action as appropriate).

**Key Vocabulary**

<b>pace</b>	speed at which one runs
<b>jog</b>	run at a low speed
<b>sprint</b>	run at top speed
<b>aiming</b>	trying to hit a target
<b>vertical jump</b>	a jump in an upwards direction
<b>P.B. (Personal Best)</b>	Your best performance in a particular event.
<b>hurdle</b>	an object for jumping over

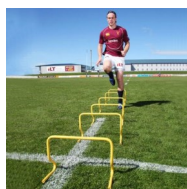
**Skills learned prior to this unit.**

- I can stop/catch/ strike a ball with control and accuracy
- I can pass a ball to someone else and receive a ball when moving
- I can take part in conditioned games with opponents
- I understand about exercising, being safe and the short term effects of exercise

**Skills learned this unit.**

- Run at different paces
- Jump for distance
- Overarm throwing action
- Run for speed
- Link jumps
- Run for distance
- Jump for height
- Throwing actions: for distance, accuracy
- Jumping over barriers

**Pictures**



hurdles



howler



sprint