



Physical Education: Athletics

Year 3

Key Knowledge

- Track events** include sprinting, middle distance and long-distance races.
- Field events** include jumping and throwing events.
- I know that using the **correct technique** will improve my running, jumping and throwing.

Key Fitness Vocabulary

Speed	rate of movement.
Pace	rate of movement / the step or stride itself.
Control	maintain possession of the ball.
Steady	having a regular movement.
Muscle	tissue in the body of animals and humans that moves parts of the body.
Strength	condition of being strong.

Key Vocabulary for Athletics

Pace and Distance

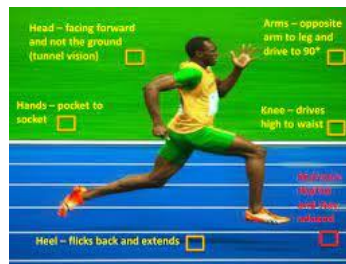
long distance



middle distance



sprint



arms move gently
low knee lift
run on whole foot
running action is slow

arms bend at elbow
knees lift up in front
stride length increases
run on fore foot
running action is steady

arms pump fast
knees come up further
stride is longer
run on toes
running action is quick

Throwing Technique - Shot Put



stand side on
elbow high
weight on back leg



transfer weight to front
leg
push shot forward



hips face forward
push arm high
weight on front leg

I know the shot put uses a push technique.

