



Physical Education: Athletics

Year 5

Key Knowledge

- Athletics is performed on an athletics track which is 400m in distance.
- I know the **reaction time** is important in sprint races.
- I know how to compete **fairly** and follow **rules**.

Key Fitness Vocabulary

Agility	the ability to move or think easily and quickly.
Co-ordination	the working together of different muscles to carry out a complicated movement.
Force	the use of such power, energy, or strength.
Continuous	going on without pausing or stopping.
Technique	the particular method or way of doing or performing something.
Stamina	the strength to handle long effort.

Key Vocabulary for Athletics

Reaction Time - Sprint Starts

I know a quick **reaction** time is needed when **reacting** to a gun or whistle.



"on your marks"
start in a crouch position

"set"
lift the hips so they are above the head

"go"
drive arms and legs forward gradually rise to a standing position

Jumping Technique - Standing Triple Jump

hop phase

step phase

jump phase



from a standing position
hop on one foot
swing arms

transfer weight from one foot to the other - step
swing arms

bring both legs together to jump
swing arms
land with both feet together & bend knees

I know the triple jump has a take off and landing phase.