



Key Knowledge

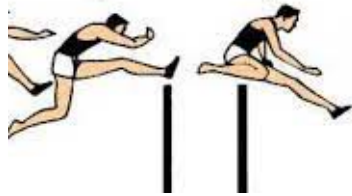
- I know that different **components of fitness** (speed, power, strength, stamina) are used in different athletic events.
- I know how to **evaluate** my own and others performance and suggest appropriate improvements.

My Body

I know that lactic acid builds up in the muscles when there isn't enough oxygen and that it is a bi product of exercise. I know how to warm up and cool down safely and effectively. I know why exercise is good for health, fitness and wellbeing.

Hurdles

I know the hurdle events is a running event.



run at the hurdle
lift your lead leg (front leg) to go over the hurdle
maintain speed

lift the trail leg (back leg) up and out to the side.
clear the hurdle

Snap the trail leg back down the ground as quickly as possible
maintain running speed

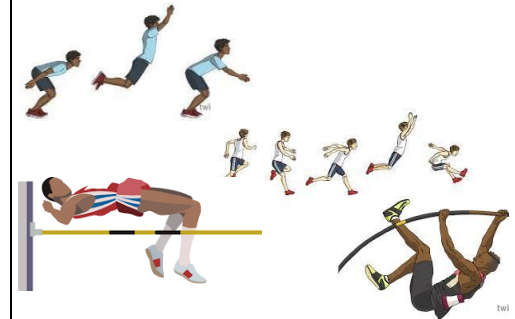
Field Events

Throwing



Shot put, discus throw, hammer throw, javelin

Jumping



Long jump, high jump, triple jump, pole vault

I know **field events** can be divided into **throwing and jumping**.

