



PE Focus:	Athletics	Year 4	Term: 3B
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Skills	Y4 Skills
<p>Running:</p> <p>action to move quickly with the correct technique using arms and legs as effectively as possible</p>	<ul style="list-style-type: none"> • improve technique for sprinting • carry out an effective sprint finish • perform a relay, focusing on the baton changeover technique • speed up and slow down smoothly
<p>Jumping:</p> <p>the technique to propel the body into the air to either cover distance, height or both</p>	<ul style="list-style-type: none"> • combine a hop, step and jump to perform the standing triple jump • land safely and with control • measure the distance jumped
<p>Throwing:</p> <p>the ability to propel an object through the air as far as possible</p>	<ul style="list-style-type: none"> • perform a pull throw • measure the distance of throws • develop techniques to throw for increased distance
<p>Key Vocabulary</p> <p>sprint posture balance stamina accuracy stride technique pull throw relay baton changeover</p>	
<p>Famous Athletes: Jessica Ennis-Hill Michael Johnson</p>	<p>Equipment: running track javelin howler hoops beanbags balls relay baton</p>