



Key vocabulary		
timing	throw	power
balance	accuracy	jump
strength	power	consistency
speed	flight	sprint
quick	control	relay
fast	grip	warm up
power	run	cool down
co-ordination	muscles	evaluate
technique	events	observe

Events		
Beanbag jump	Beanbag collect	Egg and spoon
skipping	hoop	Hockey dribble
Football dribble	sack	relay
Three legged race	Flat race	



Key Learning

- To choose appropriate techniques for specific events.
- To perform a range of jumps showing power, control and consistency at both take-off and landing.
- To increase the number of techniques they use.
- To sustain their pace over longer distances.
- To develop the consistency of their actions in a number of events.
- To know and understand the basic principles of relay take-overs.
- To develop the consistency of their actions in a number of events.