

Athletics – Throws

Keywords

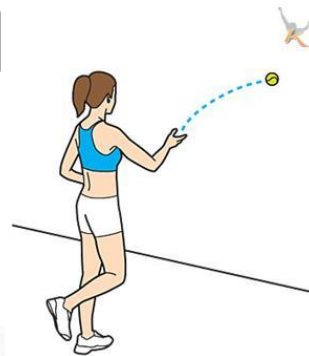
Focus	Determination
Run up	Grip
Throw	Balance
Strength	Accuracy
Speed	Power
Timing	Flight

Can you think of anymore?



Performance	Able to copy movements
	Can link the skill together
	Attempt correct technique for jumps
	Can perform sprint start
Analysing Performance	Can watch someone perform
	Identify movements on performance
	Able to suggest improvements
	Able to compare work with others
Select and Apply	Can throw a rubber ball
	Can throw with degree of accuracy
	Tries to use the skill in practice
	Why /when to perform a skill
Health Related Fitness	Explains what is exercise is.
	Describes feelings during exercise.
	Knows why exercise is good for us
	Knows why we warm up.

Underarm



Overarm

Ball throw

- Experiment with underarm and overarm
- Use speed of movement
- Do not cross throwing line

How could you make it go further?



Hoop/Quoit toss

Quoit/Hoop throw

- Turn sideways
- Pull hoop/quoit across your body (twisting)
- Flick away from your body by UN-twisting

How could you make it go further?

Athletics – Jumps

Keywords

Focus	Determination
Quick	Drive
Strong	Balance
Control	Power
Speed	Take Off
Fast	Flight

Can you think of anymore?

What can you do?

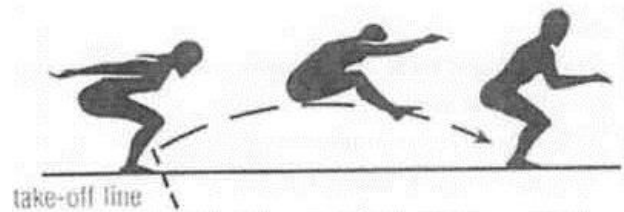


Sergeant Jump

- Find out how far you can touch without jumping
- Use arms to gain height
- Touch as high up the wall possible.

How could you jump higher?

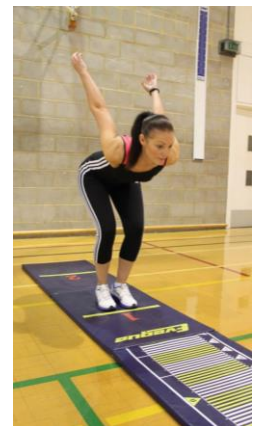
Performance	Able to copy movements
	Can link the skill together
	Attempt correct technique for jumps
	Knows difference in each jump
Analysing Performance	Can watch someone perform
	Can identify movements in performances
	Able to suggest improvements in a skill
	Able to compare work with others
Select and Apply	Can perform individual skills
	Understand how skills link together
	Tries to use the skill in practice jump
	Why /when to perform a skill
Health Related Fitness	Can state what exercise is
	Describe how you feel during exercise
	Knows why exercise is good for us
	Can describe why we warm up & exercise



Standing Long Jump

- Stand with 2 feet together
- Use arms to jump further
- Land with 2 feet together

How could you jump further?



Athletics – Sprints

Keywords

Focus	Determination
Fast	Coordination
Run	Balance
React	Explosive
Speed	Power
Movement	Muscles

Can you think of anymore?

What can you do?



Ladder Runs

- Run lightly on tip toes
- Pick knees up to waist height
- Use arms
- Keep body up straight and look forward
- Move feet as quick as you can without touching the ladder

1.



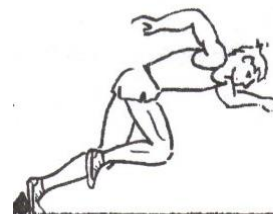
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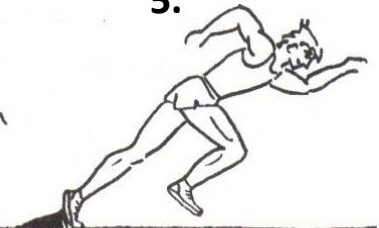
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4.



5.



Performance	Able to copy movements
	Can link the skill together
	Attempt correct technique for jumps
Analysing Performance	Can perform sprint start
	Can watch someone perform
	Identify movements on performance
	Able to suggest improvements
Select and Apply	Able to compare work with others
	Can run in straight line
	Controlled running movement
	Tries to use the skill in practice sprint
Health Related Fitness	Why /when to perform a skill
	Explains what is exercise is.
	Describes feelings during exercise.
	Knows why exercise is good for us
	Knows the details of why we warm up.

Sprinting

- Crouch on one knee, with your fingers on the floor.
- Raise your hips.
- On the B of the Bang, breathe out hard and pump those arms and legs.
- Keep your body up straight and look forward.