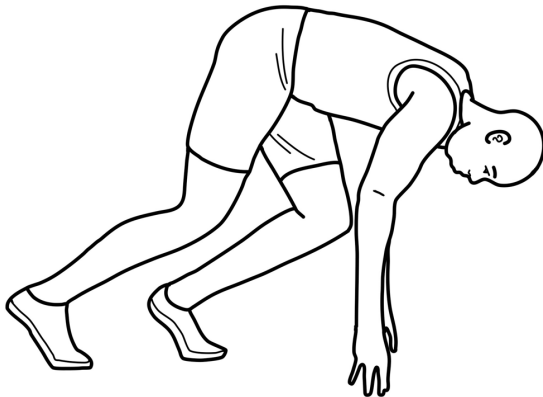


Prior Learning: Sustain pace over short and longer distances. Ran as part of a relay team. Performed range of jumps and throws.

Equipment needed: A variety of balls, hoops, bean bags, quoits, throw down markers, hurdles, stopwatch, measuring tape, metre rule, skipping ropes, foam discus, hurdles, flexibar.



Unit Focus: Apply strength and flexibility to throwing, running and jumping. Accurately and confidently judge across a variety of activities. Work in collaboration to demonstrate improvement.

Key Vocabulary/Skills	
Power in the sprint start.	Safety, rules, targets, record, set, take over, pass, strength, judge, trajectory, sprint, shuttle, assess
Standing triple jump	
Heave throw	
Parlauuf running	
Scissor jump	

Head: Accurately and confidently record multiple scores under pressure

Hand: Combine different jumping skills to accurately replicate triple jump technique

Heart: Judge your strengths and weaknesses to fulfil; your role in a running challenge

- Key Questions:**
1. In which Olympic athletics event is the heave throw used?
 2. How can you develop your fitness through parlauff running?
 3. What are the 3 phases of triple jump?

- Concepts:**
- Running for time and running for distance
 - Linking sport specific movements to everyday tasks

