



Running

- Vary pace and speed when running.
- Run with a basic technique over different distances.
- Show good posture and balance.
- Jog in a straight line.
- Change direction when jogging.
- Sprint in a straight line.
- Change direction when sprinting.
- Maintain control as they change direction when jogging or sprinting.

← Our key learning
& skills

Jumping

- Perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.
- Perform a short jumping sequence.
- Jump as high as possible.
- Jump as far as possible.
- Land safely and with control.
- Work with a partner to develop the control of their jumps.

Throwing

- Throw underarm and overarm.
- Throw a ball towards a target with increasing accuracy.
- Improve the distance they can throw by using more power.

Compete

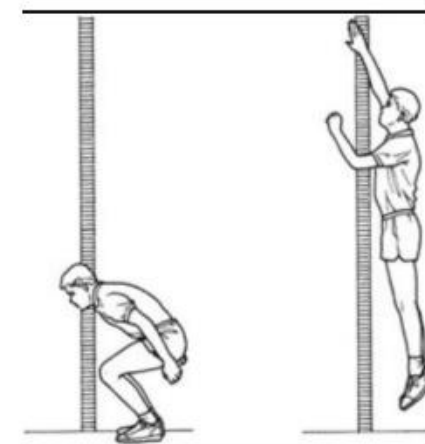
- Begin to perform learnt skills with some control.
- Engage in competitive activities and team games.

Evaluate

- ✓ Watch and describe performances.
- ✓ Begin to say how they could improve.

Rules

- ✓ No jewellery can be worn
- ✓ Wear PE kit
- ✓ Hair must be tied back



- 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?



Sir Mohamed "Mo" Farah is a [British](#) middle and long-distance runner who holds the European record in the 5,000 metres and 10,000 metres.

