



### Running

- Run at different paces, describing the different paces.
- Use a variety of different stride lengths.
- Travel at different speeds.
- Begin to select the most suitable pace and speed for distance.
- Complete an obstacle course.
- Vary the speed and direction in which they are travelling.
- Run with basic techniques following a curved line.
- Be able to maintain and control a run over different distances.

*Our key learning  
& skills*

### Jumping

- Perform and compare 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.
- Combine different jumps together with some fluency and control.
- Jump for distance from a standing position with accuracy and control.
- Investigate the best jumps to cover different distances.
- Complete jumps to cover different distances.
- Know that the leg muscles are used when performing a jumping action.

### Throwing

- Throw different types of equipment in different ways, for accuracy and distance.
- Throw with accuracy at targets of different heights.
- Investigate ways to alter their throwing technique to achieve greater distance.

### Compete

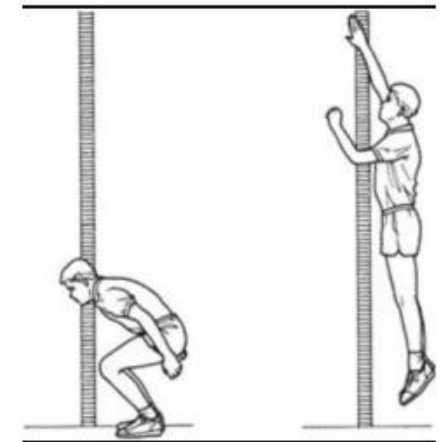
- Perform learnt skills with increasing control.
- Compete against self and others.

### Evaluate

- ✓ Watch and describe performances, and use what they see to improve their own performance.
- ✓ Talk about the differences between their work and that of others.

### 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.

