



Vocabulary
Run up
Throw
Strength
Speed
Timing
Grip
Balance
Accuracy
Power
Flight
Start
Finish
Personal Best
Sprint

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.



### Running

- Recap, practise and refine an effective sprinting technique, including reaction time.
- Build up speed quickly for a sprint finish.
- Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern.
- Accelerate to pass other competitors.
- Work as a team to competitively perform a relay.
- Confidently and independently select the most appropriate pace for different distances and different parts of the run.
- Demonstrate endurance and stamina over longer distances in order to maintain a sustained run.

### Jumping

- Develop the technique for the standing vertical jump.
- Maintain control at each of the different stages of the triple jump.
- Land safely and with control.
- Develop and improve their techniques for jumping for height and distance and support others in improving their performance.
- Perform and apply different types of jumps in other contexts.
- Set up and lead jumping activities including measuring

### Throwing

- Perform a heave throw.
- Measure and record the distance of their throws.
- Continue to develop techniques to throw for increased distance and support others in improving their personal best.
- Develop and refine techniques to throw for accuracy.

### Compete

- Perform and apply a variety of skills and techniques confidently, consistently and with precision.
- Take part in competitive games with a strong understanding of tactics.

### Evaluate

- Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements

Our key learning & skills

### Rules

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



#### Track: Running Events

**75m sprint:** Running as **fast as you can** from the start until the finish

**600m:** **Endurance race** meaning you can't sprint the entire race. You need to **pace your race** so that you don't get too tired too quickly but have still run as fast as you can.

How quickly can you complete the races?

#### Relay Changeover

Passing the baton to the next runner is a vital aspect of a relay race. The next **runner needs to be moving** when the changeover is made. This allows the runner get to their top speed quicker and will finish the race in a faster time.



#### Field: Jumping and Throwing

**Howler Throw:** **Overarm throw** trying to launch the howler as far as possible. A **straight or bent arm** technique can be used

**Long Jump:** Using a **run up for momentum**, taking off on **one foot** and landing on two. This is usually done into a sand pit. How far can you jump?

