



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?

