



Running

- Identify and demonstrate how different techniques can affect their performance.
- Focus on their arm and leg action to improve their sprinting technique.
- Begin to combine running with jumping over hurdles.
- Focus on trail leg and lead leg action when running over hurdles.
- Understand the importance of adjusting running pace to suit the distance being run.

Jumping

- Use one and two feet to take off and to land.
- Develop an effective take-off for the standing long jump.
- Develop an effective flight phase for the standing long jump.
- Land safely and with control.

Throwing

- Throw with greater control and accuracy.
- Show increasing control in their overarm throw.
- Perform a push throw.
- Continue to develop techniques to throw for increased distance.

Compete

- Perform learnt skills and techniques with control and confidence.
- Compete against self and others in a controlled manner.

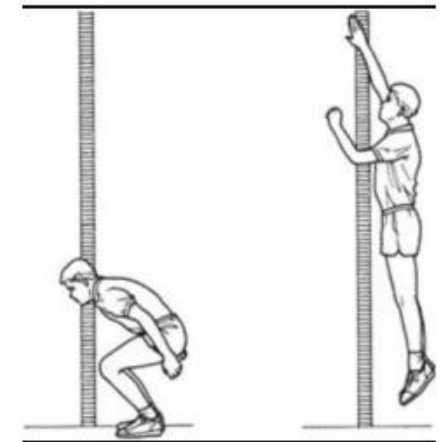
Evaluate

- ✓ Watch, describe and evaluate the effectiveness of a performance.
- ✓ Describe how their performance has improved over time.

Our key learning & skills

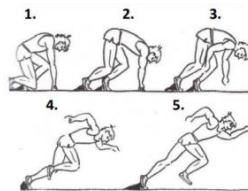
Rules

- ✓ 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?



Underarm



Overarm



- Experiment with underarm and overarm
- Use speed of movement
- Do not cross throwing line

How could you make it go further?



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.