

Key Vocabulary	
<b>Athletics</b>	The sport of competing in track and field events, including running races and various competitions in jumping and throwing.
<b>Co-ordination</b>	The ability to execute smooth, accurate, controlled motor responses and to select the right muscle at the right time with proper intensity to achieve proper action.
<b>Jumping</b>	To push oneself off a surface and into the air by using the muscles in one's legs and feet.
<b>Measurement</b>	A process by which levels of performance, fitness, knowledge, personality and skill are determined with the help of various standard tests.
<b>Movement</b>	The movements of the body, coordination, the use of motor skill areas and reflex actions.
<b>Pace</b>	The speed in walking, running, or moving.
<b>Running</b>	The action or movement of a runner.
<b>Technique</b>	The skill and ability in an artistic, sporting, or other practical activity that you develop through training and practice.
<b>Throwing</b>	To propel (something) with force through the air by a movement of the arm and hand.
<b>Timing</b>	The choice, judgement, or control of when something should be done.

## Year 3/4 - PE - Athletics

### Sticky Knowledge/Skills

- **Sprint running** - Running as fast as you can from the start until the finish.
- **Endurance running** - 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.
- **Having a good technique** will help improve times. When sprinting making sure that you run in a straight line, keep looking forward and not at others, run through the line and dip forward just as your finishing!
- **In a longer distance** you don't have to stay in a specific lane so run on the inside lane as it's shorter with the turns!
- **Javelin throw** - overarm throw trying to launch the howler as far as possible. A straight or bent arm technique can be used. **Standing Long Jump** - two footed single jump forward

### Famous Olympians



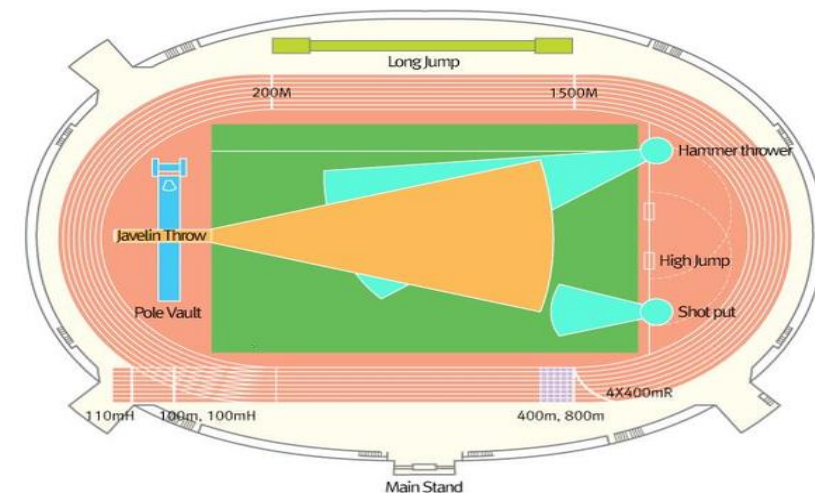
**Usain Bolt** is a Jamaican former sprinter, widely considered to be the greatest sprinter of all time. He is a world record holder in the 100 metres, 200 metres and 4 × 100 metres relay. An eight-time Olympic gold medallist, Bolt is the only sprinter to win Olympic 100 m and 200 m titles at three consecutive Olympics (2008, 2012 and 2016).

**Jessica Ennis-Hill** is a retired British track and field athlete from England, specialising in multi-eventing disciplines and 100 metres hurdles. As a competitor in heptathlon, she is the 2012 Olympic champion, a three-time world champion (2009, 2011, 2015), and the 2010 European champion. She is also the 2010 world indoor pentathlon champion.



## The Athletics Arena

This area consists of an oval-shaped running track which has a grass field in the middle where throwing and jumping events can take place.



*The origins of athletics (track and field events) can be traced back to the 9th and 10th centuries B.C. in Greece.*

