



## Links to the PE National Curriculum

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- They should be able to engage in competitive (both against self and against others) physical activities.
- Pupils should be taught to master basic movements including running, jumping, throwing as well as developing balance, agility and co-ordination.

## Official Athletic Events

**Running**  
**Sprinting**  
 100m, 200m, 400m  
**Hurdles**  
**Relay**  
**Middle distance**  
 800m, 1500m  
**Long distance**  
 5,000, 10,000  
**Steeplechase**

**Jumping**  
**Long jump**  
 Jump for distance  
**Triple jump**  
 Jump for distance  
**High jump**  
 Jump for height  
**Pole vault**  
 Jump for height

**Throwing**  
**Discus**  
 Fling throw  
**Shot**  
 Push throw  
**Hammer**  
 Fling throw  
**Javelin**  
 Pull throw

## Key Vocabulary:

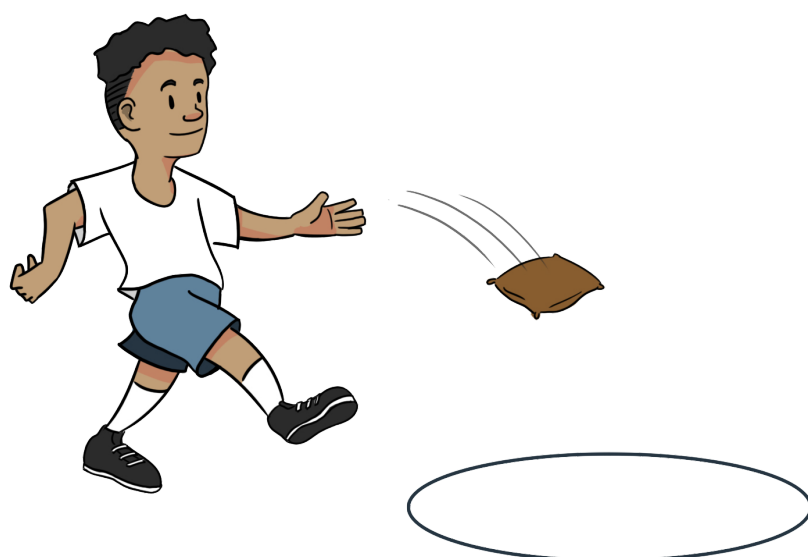
speed • jog • sprint • pace • balance  
 direction • take off • landing • swing  
 height • distance • overarm • underarm

## Key Skills: Physical

- Running at different speeds
- Jumping for distance
- Jumping for height
- Throwing for distance

## Key Skills: S.E.T

- Social: Working safely
- Social: Collaborating with others
- Emotional: Working independently
- Emotional: Determination
- Thinking: Observing and providing feedback
- Thinking: Exploring ideas



## Teacher Glossary

**Pace:** the speed at which a performer runs

**Agility:** the ability to change direction quickly and easily

**Jump:** take off and land on two feet

**Hop:** take off on one foot and land on the same foot

**Co-ordination:** to move different body parts at the same time