



Space

React

Jump

Run

Start

Lane

Finish

Baton

Activity/Exercise

Throw

Accuracy

Power

Safety



Warm up

Safely

Running

Coordination

Link (movements)

Jumping

Throwing

Techniques

Refine

Increase

Speed

Height

Distance

Terminology (simple)

Constructive/useful

Feedback

Sporting values



Warm up

Safely

Hone

Techniques (range)

Running

Sprint start

Hurdling

Relay

Baton-passing

Speed

Jumping

High Jump

Long Jump

Triple Jump

Height

Length

Throwing

Overarm throw

Distance

Performance

Measure



Sustain

Compete

Challenge

Improve

Self & others

Personal Best

Work together

Range of contexts

**Terminology
(intermediate)**

Evaluation

Constructive/useful



Warm up

Safely

Cool down

Change pace

Running

Different tempos

Different races

Control (running)

Middle distance

Sustain pace

Longer distances

Running a bend

Running a straight

Hurdle efficiently

Take-off foot

Lead leg

Jumping

Correct techniques

Combine sprinting

Triple Jump

Same, different, both



High Jump

Approach (bar)

Arched run-up

Vertical Jump

Standing

**Measure
(performance)**

Accurately

Throwing

Greater

Distance

Force

Control

Accuracy

Efficiency

Pull technique

Run-up

**Sideways-on
(throwing)**

**Non-throwing arm
(help)**

Put' a shot

**Clean palm/
dirty neck technique**

Generate power



Thighs

Cooperate

Compete

Challenge

Improve

**Performance
(own & others)**

Personal Best