

Year Three – PE: Summer 1



	<p>Sticky knowledge</p>
	<p style="text-align: center;">Athletics: Throwing and Jumping, and Running</p> <p>Sprinting is running as fast as you can. Medium pace is running quickly over a set distance. Slow speed is a pace that can be maintained for a longer period.</p> <p>Effective sprinting involves:</p> <ul style="list-style-type: none"> Fast arm drive leads to fast legs Pumping arms Arms do not cross mid-line of body High knees <p>Medium Pace running involves:</p> <ul style="list-style-type: none"> Longer stride Relaxed arm swing Concentrate on breathing rate <p>Slow speed running involves:</p> <ul style="list-style-type: none"> Can be continued without stopping Relaxed, less knee lift Feet stay close to ground



Subject Specific Vocabulary

Opposition	the other team or opponent
execute	to carry out or perform something
intercept	to stop or catch something going to someone else
sprinting	running very fast for a short distance
drive	to push or move forward with force
pumping	moving something up and down repeatedly (like arms when running)
relay	a race where team members take turns running and pass a baton
optimal	the best or most effective
baton	a small stick passed between runners in a relay race
outgoing	the runner passing the baton
incoming	the runner receiving the baton
jumping	pushing yourself off the ground into the air
landing	coming down to the ground after a jump



A relay is a running race where members of a team take turns to complete parts of the race. A changeover is where two athletes from the same team pass a baton between one another while running as fast as possible.

Athletes cannot throw or drop the baton. The incoming runner does not slow down.

The outgoing runner accelerates before receiving baton, so that they are at an optimal speed to continue running. The incoming runner approaches outgoing runner from behind so that both runners are facing the same direction.



5 basic jumps are: Two-feet to two-feet, One-foot to two-feet, Two-feet to one-foot, One-foot to one foot (same foot= hop), One-foot to one foot (to opposite foot= step).