



PE
Year 4

Athletics

Can I develop my own sprinting technique? Can I improve my personal best through self analysis?

Why is sprinting off at the start of the race a bad idea?
Why is finishing with a sprint a good way to end the race?

Can I learn how to throw a javelin and how I can use my body to throw with greater distance?

Why do we need to increase our stride pattern to enable us to maintain our speed during the middle third of a race?

Can I explore pacing and running for distance?
What is the correct technique to use when running for distance?

How can we use our bodies to jump as far as possible, using a combination of jumps, in particular hop, skip and jump?

Celebration/Evaluation
I will apply the skills I have learnt to take part a sports day event.

Key Vocabulary
Tactics, Speed, Distance, Pace, Power, Stride pattern, Performance, Javelin, Technique, Ball of feet, Springy

What to revisit?
Year 1 & 3—Running technique for speed and distance
Year 3—Throwing for accuracy and distance techniques