

**Personal development:**

Develop healthy competitive skills. Promote individual goals. Jobs you could do: athlete, PE teaching, sports coach.

Forever Facts

Changing speed and running style can help you to finish a long distance race.

Keeping your body forward can help you to sprint more quickly.

Your arm, leg and body position affect how you throw.

Skills

I can apply my understanding of how to improve.

I can run in a straight line with my body forwards.

I can demonstrate a good technique for jumping.

I can demonstrate the correct arm, leg and body position for different throwing disciplines.

Exciting Books**Our Endpoint**

I can explain how I have improved my athletics performance.

Subject Specific Vocabulary

stamina	The ability to sustain physical or mental effort
pace	Speed when walking or running
technique	Particular method of doing an activity
position	A particular way in which someone or something is arranged
discipline	A particular area of study

What I have learnt before:

To run, jump and throw