

Key Vocabulary	
Analysis	To be able to look at performance and suggest improvements.
Co-ordination	The ability to execute smooth, accurate, controlled motor responses and to select the right muscle at the right time with proper intensity to achieve proper action.
Momentum	Creating speed that is used to transfer into power for a jump, throw or gain top speed as quickly as possible.
Measurement	A process by which levels of performance, fitness, knowledge, personality and skill are determined with the help of various standard tests.
Movement	The movements of the body, coordination, the use of motor skill areas and reflex actions.
Pace	The speed in walking, running, or moving.
Relay	Working as a team to complete a race with a baton.
Technique	The skill and ability in an artistic, sporting, or other practical activity that you develop through training and practice.
Throwing	To propel (something) with force through the air by a movement of the arm and hand.
Timing	The choice, judgement, or control of when something should be done.

Year 5/6 - PE - Athletics

Sticky Knowledge/Skills

- Sprint running - Hold your torso straight and vertical, head still, but relax your face and neck. Bend your elbows at 90 degrees and pump your arms so your hands travel from "hip to lip", and keep your arms close to your sides.
- With each stride, lift your front knee high ("knee drive") and straighten your back leg completely to deliver full power. At the start of your sprint, keep your strides short and quick. Lengthen your strides as you gain speed and momentum.
- Endurance running – understand the pace judgement when running over an increased distance, choosing the appropriate speed to meet the demand of the task.
- Passing the baton to the next runner is a vital aspect of a relay race. The next runner needs to be moving when the changeover is made. This allows the runner get to their top speed quicker and will finish the race in a faster time.
- Javelin throw – stand sideways on, looking in the direction you are throwing. Keep the

Famous Olympians



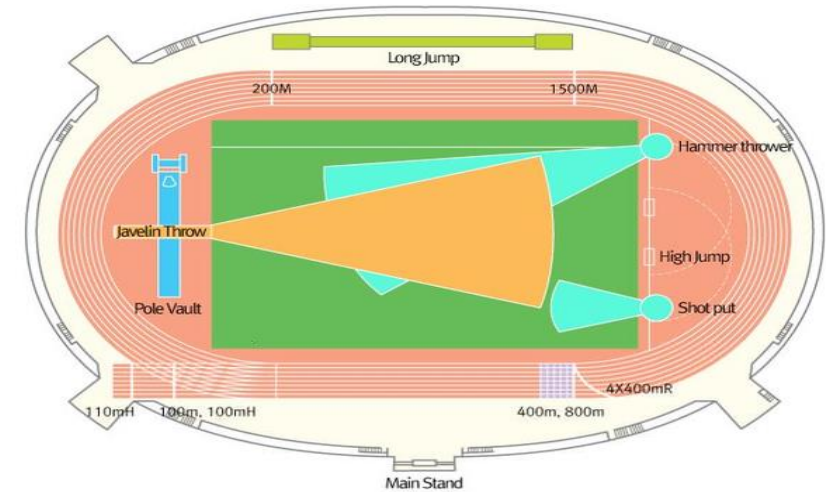
Usain Bolt is a Jamaican former sprinter, widely considered to be the greatest sprinter of all time. He is a world record holder in the 100 metres, 200 metres and 4 × 100 metres relay. An eight-time Olympic gold medallist, Bolt is the only sprinter to win Olympic 100 m and 200 m titles at three consecutive Olympics (2008, 2012 and 2016).



Jessica Ennis-Hill is a retired British track and field athlete from England, specialising in multi-eventing disciplines and 100 metres hurdles. As a competitor in heptathlon, she is the 2012 Olympic champion, a three-time world champion (2009, 2011, 2015), and the 2010 European champion. She is also the 2010 world indoor pentathlon champion.

The Athletics Arena

This area consists of an oval-shaped running track which has a grass field in the middle where throwing and jumping events can take place.



The origins of athletics (track and field events) can be traced back to the 9th and 10th centuries B.C. in Greece.

