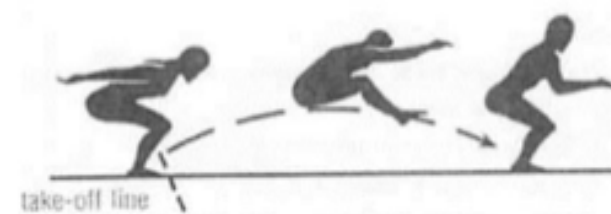




## Year 5 Athletics

### Key vocabulary

<b>Stamina</b>	the ability to sustain prolonged physical or mental effort. Ability to run for a long period of time.
<b>Drive</b>	How a person 'drives' off from a starting position. How they move off from a static position.
<b>Explosive Strength</b>	Explosive strength is the ability to exert maximal force in minimal time e.g sprinting as quickly as possible
<b>Reaction Time</b>	The length of time taken for a person or system to respond to a given stimulus or event e.g time it takes someone to move once race is started by whistle/other signal
<b>Accuracy</b>	The ability to control movement in a given direction or at a given intensity. Doing what you planned to do before performing a movement
<b>Control</b>	To perform a movement whilst keeping good technique and maintaining accuracy.



### Events

Sprint events e.g 100m sprint and 200m sprint	Throwing events e.g Javelin and shot putt
Jumping events e.g long jump, high jump	Long distance events e.g 800m and 1500m
Team events e.g 100 and 200m relays	Multi sport events e.g heptathlon and decathlon

Can I  
do these  
things?

Identify and demonstrate stamina, explaining its importance for runners.



Measure and record the distance jump/throw.



Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run.



Investigate different jumping techniques.



Throw a variety of implements using a range of throwing techniques.



Take part in competitive games with a strong understanding of tactics and composition.

