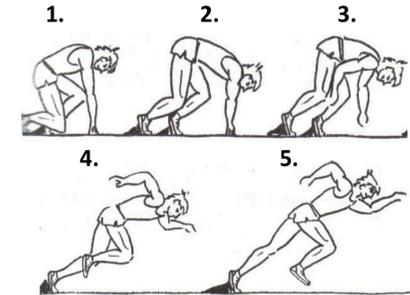
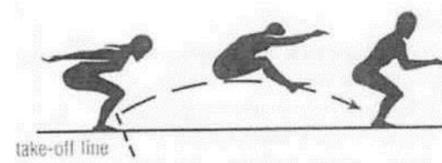




Key vocabulary

Power	The ability to exert a maximum force in as short a time as possible, as in accelerating, jumping and throwing implements.
Drive	How a person 'drives' off from a starting position. How they move off from a static position.
Explosive Strength	Explosive strength is the ability to exert maximal force in minimal time e.g sprinting as quickly as possible
Reaction Time	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
Flight	Flight is the process by which an object moves through the air without contact with the surface. i.e. the flight of the javelin after being thrown.
Coordination	The ability to use different parts of the body together smoothly and efficiently.



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



Focus on their arm and leg action to improve their sprinting

Use one and two feet to take off and to land with.

Show increasing control in their overarm throw.

Begin to combine running with jumping

Develop an effective take-off for the standing long jump.

Compete against self and others