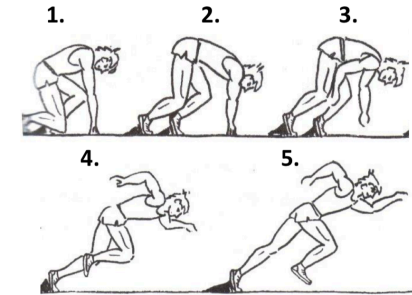
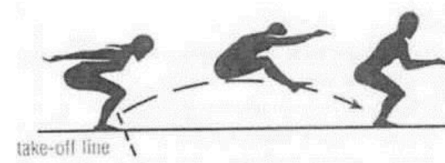


Key vocabulary

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



Confidently demonstrate an improved technique for

Perform a relay, focusing on the baton changeover technique.

Learn how to combine a hop, step and jump to perform the standing triple jump.

Begin to measure the distance jumped.

Continue to develop techniques to throw for increased distance.

Take part in a range of