

# Year 4 Athletics

This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve our skills through athletics. In addition, we evaluate and recognise our own successes.

Athletics: We will learn to use running, jumping, throwing and catching in isolation and in combination. Also, compare our performances with previous ones and demonstrate improvement to achieve our personal best.

Key Vocabulary			
run	jump	throw	catch
baton	ball	100m	short distance
long distance	javelin	shot put	discus
pace	time	distance	personal best
compete	competition	competitors	track



Self-reflection questions - Athletics	Yes	No	Working on
Did I develop sprinting skills with correct posture and arm drive?			
Can I perform standing long jump and vertical jump with improved coordination?			
Did I learn how to hold and throw the vortex, discus and shot put correctly?			
Did I take part in a variety of track and field events?			
Did I improve speed, balance, and reaction times through relay and obstacle activities?			
Did I learn how to pass the baton correctly during the relay?			
Was I a good athlete and support my classmates?			
Do I understand simple rules for track and field events?			