



Key Vocabulary

Stability
Control
Sprint
Power
Endurance
Speed
Distance



Athletics

PE LKS2



Physical wellbeing

I know the importance of warming up and cooling down.

I know safety principles when preparing for exercise.

I know how to stay safe during throwing activities.

Key knowledge and skills

Throwing:

I know how to develop techniques to throw for increased distance and support peers in improving their performance.



Running:

I know how to select the most suitable pace for the distance and my fitness level in order to maintain a sustained run.

I know how to build up speed quickly for sprinting events.



Jumping:

I know how to improve jumping technique for height and distance and support others in improving their performance.

Links to other subjects:

Science (Year 5 Healthy living)



Links to prior learning:

Continually develop my technique for different events.

Next steps:

I know how to apply the physical attributes and skills to team sports.

Head



Understanding
Analysis
Feedback

Heart



Communication
Resilience
Effort

Hands



Technique
Problem solving