

<p>Key Vocabulary</p> <p>Control Sprint Speed Distance Throw Jump</p>	 <p>Athletics PE KSI/EYFS</p>	<p>Physical wellbeing</p> <p>I can recognise how the body feels during and after physical activity</p> <p>I know how to stay safe during throwing activities</p>
<p>Links to other subjects:</p> <p>Science (Health and growth) Science (Forces)</p> 	<p>Key knowledge and skills</p> <p>Throwing I know how to throw different types of equipment with accuracy and distance.</p> <p>Running I know how to travel at different speeds and begin to select the most suitable pace for distance and speed.</p> <p>Jumping I know how to jump and land in a variety of ways showing fluency and control.</p> 	<p>Links to prior learning</p> <p>I know how to show resilience when learning a new skill.</p> <p>Next steps: Build up speed quickly for sprinting events</p>
<p>Head</p> <p>Understanding Rules</p> 	<p>Heart</p> <p>Effort Resilience Confidence</p> 	<p>Hands</p> <p>Technique Physical ability</p> 

<p>Key Vocabulary</p> <p>Stability Control Sprint Power Endurance Speed Distance</p>	 <p>Athletics PE LKS2</p>	<p>Physical wellbeing</p> <p>I know the importance of warming up and cooling down.</p> <p>I know safety principles when preparing for exercise.</p> <p>I know how to stay safe during throwing activities</p>
<p>Links to other subjects:</p> <p>Science (Year 5 Healthy living)</p> 	<p>Key knowledge and skills</p> <p>Throwing I know how to develop techniques to throw for increased distance and support peers in improving their performance.</p> <p>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</p> <p>Jumping I know how to improve jumping technique for height and distance and support others in improving their performance.</p> 	<p>Links to prior learning</p> <p>Continually develop my technique for different events</p> <p>Next steps: I know how to apply the physical attributes and skills to team sports</p>
<p>Head</p> <p>Understanding Analysis Feedback</p> 	<p>Heart</p> <p>Communication Resilience Effort</p> 	<p>Hands</p> <p>Technique Problem solving</p> 

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