



# Physical Education Athletics

Y4

## Unit Focus:

Investigate ways of performing running, jumping and throwing activities. Use a variety of equipment to measure, time and compare different styles of runs, jumps and throws.

## Prior Learning:

- Show controlled movements in response to instructions.
- Demonstrated agility and speed.
- Jump for height and distance. Thrown with speed and power and applied appropriate force.

## Rules:

- Correct use of a stopwatch.
- Where to receive baton.
- Measure from throwing line.



Decide on ways to improve, run, jumps and throws and implement changes.



Throw a variety of objects demonstrating accuracy.



Work with others to score and record distance and times accurately.

## Key Vocabulary/Skills:

Aiming at targets.	Track, force, distance, curve, accelerate, hurdles, foam javelins, vortex howler, bounce, target, take off, sling, exchange, accuracy.
Accelerating over short distances.	
One footed take off.	
Sling Throw.	
Baton exchange on the curved run.	



Baton exchange

## Inspiring Individuals



Sir Mohamed Farah  
(1983 – present)



Marlou Van Rhijn  
(1991- present)

**Equipment** A variety of balls, hoops, bean bags, quoits, throw down markers, foam javelins, balloons, stopwatch, measuring tape, skipping ropes, foam discus, quoits, batons.

## Key Questions

1. How did you improve on your scores?
2. Can you name two throwing techniques?
3. Why should you start moving when you receive the baton?