What should I already know?

- . What underarm and overarm throws are.
- The difference between sprinting, running and jogging.

Gems of Knowledge

Procedural knowledge

Show control, coordination and consistency when running.

Choose an appropriate speed to meet the needs of the task.

Declarative knowledge

Recognise what I am good at and what I can improve on.

Describe how my body feels when I am exercising.

Famous Athletes





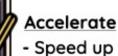


Healthy Participation!

Fun fact: Research shows people who exercise regularly have better mental health and emotional well being!

Vocabulary

What have I done well? What can I





Combine-

improve?

The combination of good use of legs and arms for effective running.



Reaction time -

How quickly you react.



Personal

best - The best you have ever done something!



Compete

Play against your peers

