

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

Evaluate- What have I done well? What can I improve?		Accelerate - Speed up	
Combine- 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	