

### What should I already know?

- How to combine actions for controlled running and jumping techniques.
- Be able to judge my pace when running for distance.

### Gems of Knowledge

#### What will I do?

Run, jump, catch and throw in combination and in isolation.

Demonstrate the different types of throw; push, pull and sling.

#### What will I know?

How a basic warm up effects our bodies.

How exercise effects our bodies and helps our muscles.






The importance of being physically fit.

### Famous Athletes



**HEALTHY PARTICIPATION** - Research has proven that physical activity improves your memory and your brain function. Think about all the other learning this could help you with!

### Vocabulary

Field	Track
<p><b>Momentum</b> - strength or force gained by motion or by a series of events.</p> 	<p><b>Endurance</b> - pacing yourself and using breathing techniques for prolonged exercise.</p> 
<p><b>Sling throw</b> - moving from a low to high position, with body weight being transferred from the back leg to the front leg.</p> 	<p><b>Combination</b> - The combining of more than one movement into on exercise. EG - use of legs and arms when running.</p> 
<p><b>Pull throw</b> - Taking a run up and then releasing over your shoulder. (Often done in Javelin)</p> 	<p><b>Accuracy</b> - Define and improve your skills</p> 