

What should I already know?

- I know that I need to warm up to get my body ready for exercise.
- I know that I need to cool down so that my body can recover.






Gems of Knowledge:**What will I do?**

Run and sprint over longer distances.
Explore different ways of jumping.
Explore throwing over arm and underarm.

What will I know?

Know the difference between run and sprint.
Know the difference between under arm and overarm.

Famous Athletes**Vocabulary:**

Field		Track	
Underarm Throw		Direction	
Overarm throw		run	
Distance		sprint	