

What should I already know?

- How to show control with a ball.
- Throw in different ways (fast, slow, high, low).
- Understand some rules of games.
- Show awareness of others.

Gems of Knowledge

What will I do?

- Jump for distance.
- Jump for height.
- Increase my stamina when taking part in exercise.

What will I know?

- The effect exercise has on my body.
- Techniques I can use to make my performance better.
- Why it is important to cool down after exercise.



Types of jump in athletics



Long jump



High jump

Development fundamental movement skills - Jumping

Vocabulary

<p>Stamina - Being able to exercise for long periods of time.</p>		<p>Height - How tall something is.</p>	
<p>Distance - How far away something is.</p>		<p>Power - Using all of the force in your body to make it move as far/high as you can.</p>	
<p>Techniques - Methods we can use to do something.</p>		<p>Apply - Use skills that you have learnt before in a new situation.</p>	