Y34 Cycle B - Summer I

Athletics (Field)

What should I already know?

- The effect exercise has on my body.
- Identify techniques I can use to improve my performance.
- The importance of cooling down after exercise.

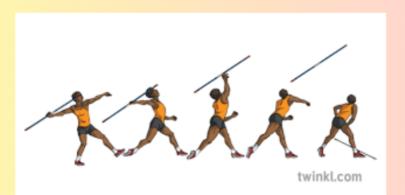
Gems of Knowledge

Procedural Knowledge -

- Successfully perform the pull throw.
- Successfully carry out an over arm throw for distance.
- Refine my technique to increase the power of my throws.

Declarative Knowledge -

- Understand that the pull throw is used in many other sports such as netball, cricket and handball and apply these skills to javelin.
- Understand and explain why we use foam Javelins.



Throwing -**Pull Throw**

Vocabulary

Pull throw -

Using an over the shoulder movement to send an object.



Javelin -

A spear that is thrown in athletic field events. In school we will use foam iavelins.



Distance -

How far away something is.



Force - Using all of the power in your body to make send and

object as far/high as you can.



Techniques -

Methods we can use to do something.



Apply - Use skills that you have learnt

before in a new situation.

