

**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.


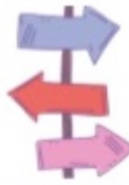



**Gems of Knowledge:****What will I do?**

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	