

What should I already know?

- What underarm and overarm throws are.
- The difference between sprinting, running and jogging.

Gems of Knowledge**Procedural knowledge**

Show control, coordination and consistency when running.

Choose an appropriate speed to meet the needs of the task.

Declarative knowledge

Recognise what I am good at and what I can improve on.

Describe how my body feels when I am exercising.

Famous Athletes**Healthy Participation!**

Fun fact: Research shows people who exercise regularly have better mental health and emotional well being!

Vocabulary**Evaluate-**

What have I done well?
What can I improve?



Accelerate
- Speed up

**Combine-**

The combination of good use of legs and arms for effective running.



Reaction time -
How quickly you react.

**Personal**

best - The best you have ever done something!

**Compete**

-
Play against your peers

