

What should I already know?

- How to combine actions for controlled running and jumping techniques.
- Be able to judge my pace when running for distance.

Gems of Knowledge

What will I do?

Run, jump, catch and throw in combination and in isolation.

Demonstrate the different types of throw; push, pull and sling.

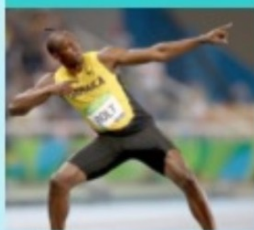
What will I know?

How a basic warm up effects our bodies.

How exercise effects our bodies and helps our muscles.

The importance of being physically fit.

Famous Athletes



HEALTHY PARTICIPATION - Research has proven that physical activity improves your memory and your brain function. Think about all the other learning this could help you with!

Vocabulary

Field		Track	
Momentum - strength or force gained by motion or by a series of events.		Endurance - pacing yourself and using breathing techniques for prolonged exercise.	
Sling throw - moving from a low to high position, with body weight being transferred from the back leg to the front leg.		Combination - The combining of more than one movement into one exercise. EG - use of legs and arms when running.	
Pull throw - Taking a run up and then releasing over your shoulder. (Often done in Javelin)		Accuracy - Define and improve your skills	