



JUMPING FOR HEIGHT TECHNIQUE

Bend knees

Push off the ground with feet

Move arms down towards the floor



Key Vocabulary:

Distance Obstacles Technique Relay
Accelerate Stride

SPRINTING and Distance Running

TECHNIQUES

Arms bent 90 degrees

Drive arms back (Hips to lips)

Long strides

Lift knees high/run tall

Head looking straight ahead

Using the legs

Low to high (release high)

Balanced position

Throwing arm straight on release (long leaver)

Slow to fast

Spin (index finger spin discus in clockwise direction)

JUMPING FOR DISTANCE TECHNIQUE

Bend knees

Swing arms back and forth

