



Key skills / vocabulary:

Relay- a race between two or more teams of runners in which each runner travels a certain distance.

Hurdles – a race in which people have to jump over a number of obstacles that are called hurdles.

Chest push – A standing throw where the person pushes a weighted ball from the chest.

Standing long jump- This two-footed jump from a standing position. It is a test of leg strength.

Triple jump – This is where the athlete does a hop, skip and a jump and the distance travelled is measured.

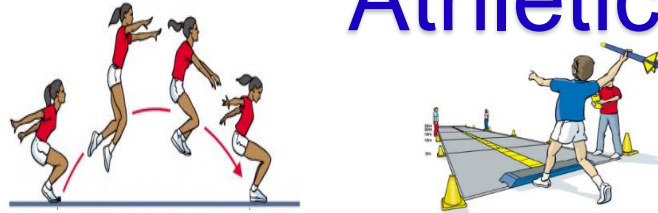
Speed bounce- a person jumps over an obstacle as many times as they can in a set time.

Reaction time – how quickly you react to a stimulus.

Power – the force generated by your body to help it move.

Stamina – the ability to move for a sustained period of time.

Sportshall Athletics



This term in PE we will be looking at Sportshall Athletics, which is an indoor version of athletics.

Key questions:

How does exercise make you feel physically?

How does exercise make you feel mentally?

What was your favourite event? Why?



School Games Values

We will be focusing on certain School Games Values. The main values we will be focusing on (even though they are all important!) will be:

- Teamwork
- Determination
- Self-belief

In this unit children will take part in the following events:

- Chest Push
- Speed Bounce
- Triple jump
- Standing long jump
- Jump Vertical Jump



The School Games Values

