

Key Learning and Vocabulary—Athletics

UKS2 PE

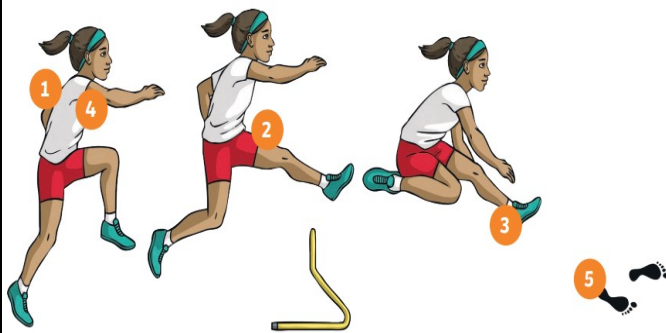
Jumping - triple jump



Children can demonstrate a clear triple jump with a run up.

- Take 10-12 steps back from the starting line/board.
- Plant and take off from the strongest foot for the 'hop' phase (pushing off the starting line/board), then power off this leg for the 'step/skip' phase.
- Throw arms upwards and forwards to propel yourself forwards into the landing space as possible
- Keep legs out in front of you for as long as possible

Hurdles

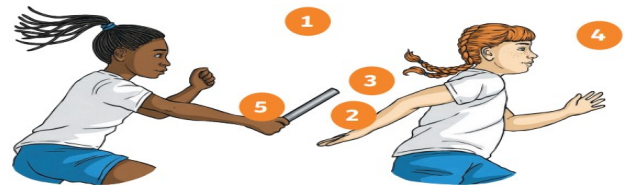


1. Accelerate quickly towards the first hurdle
2. Step over, not around, the hurdle—leading with the heel
3. Pull down the lead leg quickly to push off the ground into the next stride
4. Remember to use your arms for balance
5. Try to maintain an even stride length between each hurdle

Long distance & Relay

Identifying pace for long distance:

- Try not to set off too quickly
- Try to run at a consistent pace
- Learn how it feels to run at different paces: be aware of your breathing, legs and overall feeling in your body
- Try to get into a rhythm



4. Keep your eyes ahead and don't turn around
5. Hold the baton at one end so there is enough room for your teammate's hand at the other end

Throwing for distance

By releasing the beanbag after a run up, you are able to use the **momentum** of the run to increase the **force** of the throw.

Pull



The more **speed** in your run up, the more **power** you can add to your throw.

Push



- Stand side on to the direction you intend to release the shot.
- The shot should remain pressed to the side of your neck until you are ready to release it—non throwing arm away from your body for balance.
- Twist as you release the shot with a pushing motion—for more power, bend at the hips and spring up as you release.