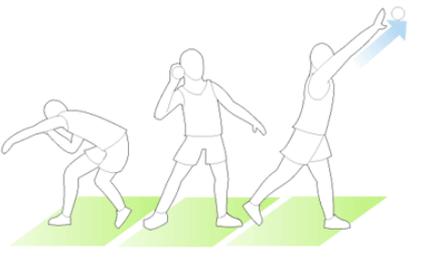
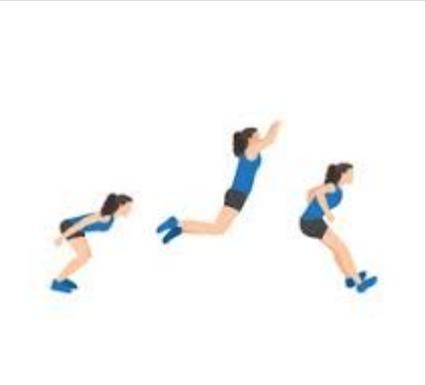


Year 4: Athletics

Subject Specific Vocabulary		Important Information	Important knowledge
follow through	The direction your arm moves after releasing the object or pushing from the ground.	 <p>Shot put</p>	<input type="checkbox"/> I can perform a standing long jump and shot put throw.
distance	The length of space between two points.		<input type="checkbox"/> I can perform a long jump with a run up.
agility	Turning quickly whilst travelling at speed.		<input type="checkbox"/> I can perform a shot put with accurate technique.
technique	How you perform a skill.		<input type="checkbox"/> I know how to improve my technique to gain a longer distance for my long jump and shot put throw.
rotation	The way something turns in the air.	 <p>Long jump</p>	<input type="checkbox"/> I can perform in my own competition that I created for long jump and shot put.
evaluate	Comment on own and other's performances.		<input type="checkbox"/> I know how to compete in a jumping and shot put relay.
fundamental movements	How you move your body throughout the sport.		<input type="checkbox"/> I know how to change the rules of a game to match the skills I perform.
accuracy	Aiming and hitting a target.		<input type="checkbox"/> I know how to run a long distance.
strength	How strong you are.		<input type="checkbox"/> I know how to change my pace for different distances.
reaction	How you respond to instructions.		<input type="checkbox"/> I can perform in a race over different distances.