
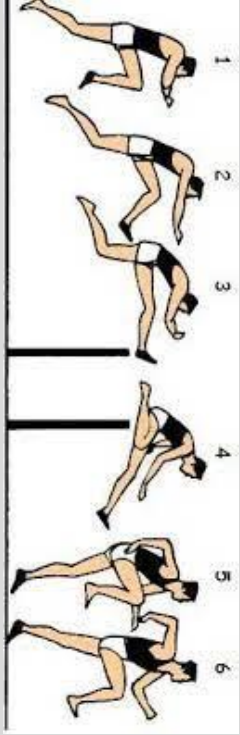


Year 5: Running, Cross Country and Hurdle Races

Subject Specific Vocabulary		Important Information	Important knowledge
hurdle	A small frame that you jump over.	 	<input type="checkbox"/> I know when to change my pace to allow me to run for longer.
stance	The way you stand.		<input type="checkbox"/> I know how to encourage others to complete a short course.
peak	Your maximum effort to give.		<input type="checkbox"/> I can chase others using a faster pace.
gait	The way that you run.		<input type="checkbox"/> I can change my step sequence to adapt to the type of hurdle I am running over.
running style	How you run.		<input type="checkbox"/> I can complete a long-distance course showing I can hold a pace.
jog	A type of slow running style.		<input type="checkbox"/> I can combine pace, coordination and speed when running over a hurdle.
improve	To get better at something.		<input type="checkbox"/> I can create and maintain a personal best on different courses.
step sequence	The way you step during a hurdle jump.		<input type="checkbox"/> I can complete a long-distance course using the fartlek technique.
encourage	To give support and hope.		<input type="checkbox"/> I can complete a mile run showing I can change pace.
personal record	A time or amount that you always aim to improve.		<input type="checkbox"/> I can run over an obstacle using a longer stride.
		Step sequence	<input type="checkbox"/> I can pass a relay baton using an up-sweep and push pass.