



Year 6: Athletics – Discus and Triple Jump

Subject Specific Vocabulary		Important Information	Important knowledge
finger grip	The way you hold the discus, spreading the full hand.	 <p>Discus</p>	<input type="checkbox"/> I know and use the techniques for standing long jump, vertical jump, running long jump and rebound jump.
spin step	Rotating the body using power from the legs to drive the shot put or discus.		<input type="checkbox"/> I know how to perform a triple jump from standing and running.
eyeline	What you look at before throwing the discus.		<input type="checkbox"/> I can link three of the jumps together to make a sequence.
triple jump	A jump for distance incorporating a hop, step and jump.		<input type="checkbox"/> I know and use throwing techniques for shotput, javelin, hammer and discus.
critique	To accurately analyse and asses another person.	 <p>Hammer throw</p>	<input type="checkbox"/> I know and use a step sequence as part of my throwing technique.
coach	To help others to gain knowledge or skill.		<input type="checkbox"/> I know how to increase distance by changing pace, cadence and gait.
follow through	To continue the swinging motion of the arms after completing a throw.		<input type="checkbox"/> I can use good form and endurance to compete in a set distance race.
discus	A disc shape object that is thrown for distance.		
hammer throw	A weighted ball attached to a rope which is swung 3 times then released.		
precision	To be exact or accurate.		