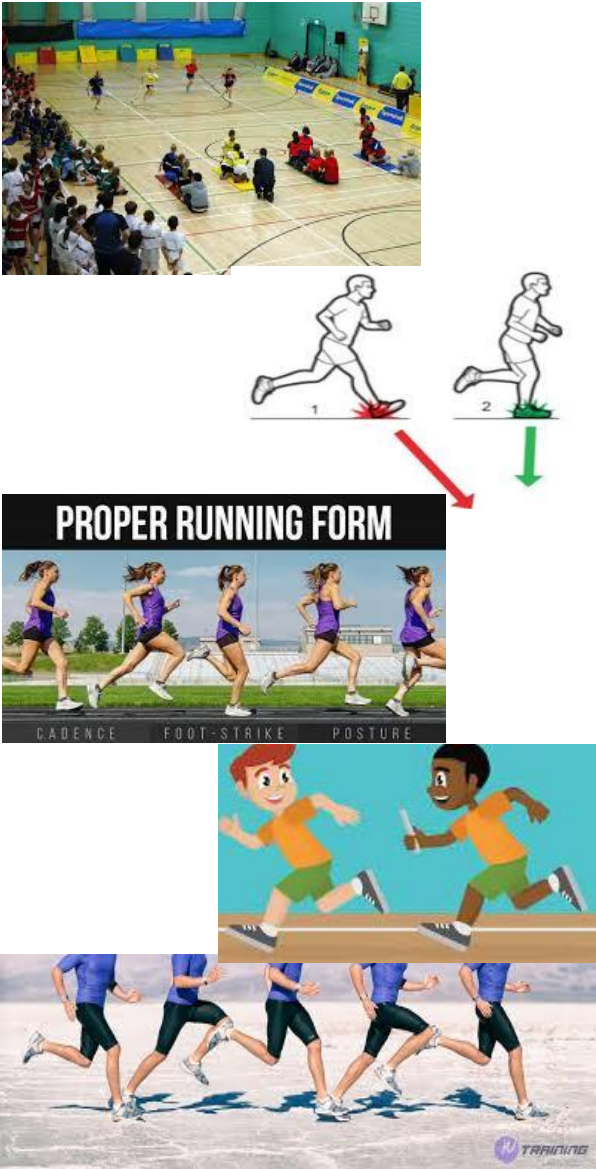


Year 6 Knowledge Mat - Running

Subject Specific Vocabulary		Running	Important Knowledge about Running
precision	Being accurate in where your feet should land on surfaces.		<ul style="list-style-type: none"> <input type="checkbox"/> I can demonstrate different running paces. <input type="checkbox"/> I can change cadence to run over obstacles. <input type="checkbox"/> I can display endurance when running a set distance. <input type="checkbox"/> I can competitively run against others. <input type="checkbox"/> I can demonstrate a running formation. <input type="checkbox"/> I can use running tactics to win. <input type="checkbox"/> I can analyse a team's skills and help them to win.
paarlauf	To run with a partner at different stages in a race.		
stamina	The ability to sustain prolonged physical activity.		
endurance	The capacity of a muscle or repertory system to last.		
formation	The way you run.		
coach	To help others to gain knowledge or skill.		
foot strike	The way your foot hits the floor whilst running.		
cadence	The total number of steps you take per minute.		
pacing	Changing the speed of your run to maintain endurance.		
critique	To accurately analyse and asses another person.		