



Year 3: Cross Country

Subject Specific Vocabulary		Important Information	Important knowledge
sprint	Running over a short distance at the top-most speed of the body in a limited period of time.		<input type="checkbox"/> I can perform the correct technique for javelin and use power to gain distance.
fluidity	Perform with gracefulness.		<input type="checkbox"/> I can run as part of a team thinking about running tactics to enhance my performance.
co-ordination	The ability to use different parts of the body together smoothly and efficiently.		<input type="checkbox"/> I can run over obstacles thinking about my stride and create a new obstacle for partners.
pace	The speed at which you run at.		<input type="checkbox"/> I can show understanding of pace, stride and perseverance when running for distance.
stride	Short bouts of faster running with recovery in between.		
paarlauf	To run with a partner at different stages in a race.		<input type="checkbox"/> I can show understanding of fluidity, speed and coordination when running for speed.
speed	The rate of change of position of an object in any direction.		
distance	The length of the space between two points.		
stamina	The ability to sustain prolonged physical or mental effort.		<input type="checkbox"/> I can use running tactics to enhance my performance.
control	Using space carefully and being aware of the space around us.		