



Year 2: Obstacles and Races

Subject Specific Vocabulary		Important Information	Important knowledge
track	The place you would perform the run.	 <p>When you run over an object you must take a longer stride.</p>	<input type="checkbox"/> I can run at different speeds.
tag	Chasing someone and stopping them by touching them or taking something away.		<input type="checkbox"/> I can perform running using awareness.
distance	How far you run.		<input type="checkbox"/> I know when to change my running speed.
speed	How fast you run.		<input type="checkbox"/> I can step over an obstacle and hurdle.
relay	Running the same distance as part of a team.		<input type="checkbox"/> I can run over an obstacle and hurdle.
technique	How you perform a skill.	 <p>You must change the baton over when changing a runner in relay.</p>	<input type="checkbox"/> I know how to create an imaginative obstacle course.
tactic	A plan you make to help you win.		<input type="checkbox"/> I can perform the correct technique when running over an obstacle and hurdle.
skill	Something that you do.		<input type="checkbox"/> I can perform different running styles on an obstacle course and during races.
aim	Finding a target to throw or strike towards.		<input type="checkbox"/> I know how to handle equipment safely.
coordination	When two or more body parts work together.		<input type="checkbox"/> I know how to comment on my own performance to get better.