



Year 3: Athletics

Subject Specific Vocabulary		Important Information	Important knowledge
agility	Moving fast in different directions.	 <p>In all the races, team mates must sit on the mat until it is their turn to run.</p>  <p>Speed bounce is performed over a 12cm wedge and you count how many you can do in 20 seconds.</p>	<input type="checkbox"/> I can perform a chest push using momentum.
body position	How your body looks when performing.		<input type="checkbox"/> I can perform a javelin throw using accuracy and power.
tension	Using strength in a technique.		<input type="checkbox"/> I can perform a vertical high jump using power.
support	To help someone during a task.		<input type="checkbox"/> I can perform a speed bounce, vertical high jump, javelin and chest push.
footwork	How your feet move during a skill		<input type="checkbox"/> I know how to compete in a speed bounce, vertical high jump, javelin and chest push event using sports hall athletic rules.
javelin	Long, light tube-like item that is thrown as a competition.		<input type="checkbox"/> I know how to change my technique for different disciplines.
technique	How you perform a skill.		<input type="checkbox"/> I can perform a speed bounce using agility and balance.
arm extension	The way your arms move when throwing a piece of equipment.		
wedge	A 12cm tall object to jump over when performing speed bounce.		
placement	Where you put a part of your body to perform skills.		