




# Year 4: Athletics - Running

Subject Specific Vocabulary		Important Information	Important Knowledge
<b>sprint start</b>	A starting position intended to propel you into the race as fast as possible.	 Crouch start	<ul style="list-style-type: none"><li>❑ I know how to change my pace and running technique for different distances.</li><li>❑ I can perform a standing and crouching start and decide which one allows me a quicker start.</li><li>❑ I can pass a baton to a stationary partner while running towards them.</li><li>❑ I can pass a baton to a partner who has started to move off the mark.</li><li>❑ I can sustain running at a set pace.</li><li>❑ I know which pace suits me best and can use this in a team game.</li><li>❑ I can lead a team around a course ensuring we stay together as a team.</li><li>❑ I can use agility to take part in an obstacle/hurdle race.</li><li>❑ I can take part in races ensuring I stay in the lane to avoid being disqualified.</li></ul>
<b>crouching start</b>	A type of body position that involves the body being held in a crouched pose before springing off from the back foot.		
<b>tempo</b>	A sustained effort run that builds up your body's ability to run faster for longer periods of time		
<b>disqualified</b>	The removal of a participant from a contest due to a rule break.	 Lanes	
<b>running form</b>	The posture involves engaging your core, gazing forward, broadening your chest, and keeping it lifted as you draw your shoulders down and back.		
<b>lane etiquette</b>	The act of remaining in the lane you started the race in to avoid disqualification.		
<b>distance</b>	The length of race. Different skills are needed for long and short distance races.	 Baton handover	
<b>agility</b>	A rapid whole-body movement with change of speed or direction.		
<b>reaction</b>	The time it takes from hearing a starting pistol to moving your body.		
<b>pace</b>	A runner's speed measured in time over distance.		