



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>	<ul style="list-style-type: none"> <input type="checkbox"/> I can run at different speeds. <input type="checkbox"/> I can perform running using awareness. <input type="checkbox"/> I know when to change my running speed. <input type="checkbox"/> I can step over an obstacle and hurdle. <input type="checkbox"/> I can run over an obstacle and hurdle. <input type="checkbox"/> I can perform the correct technique when running over an obstacle and hurdle. <input type="checkbox"/> I know how to handle equipment safely. <input type="checkbox"/> I know how to create an imaginative obstacle course. <input type="checkbox"/> I can perform different running styles on an obstacle course and during races. <input type="checkbox"/> I know how to comment on my own performance to get better.
tag	Chasing someone and stopping them by touching them or taking something away.		
distance	How far you run.		
speed	How fast you run.		
relay	Running the same distance as part of a team.		
technique	How you perform a skill.	 <p>You must change the baton over when changing a runner in relay.</p>	
tactic	A plan you make to help you win.		
skill	Something that you do.		
aim	Finding a target to throw or strike towards.		
coordination	When two or more body parts work together.		