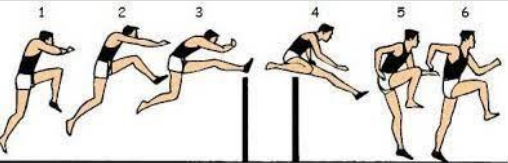
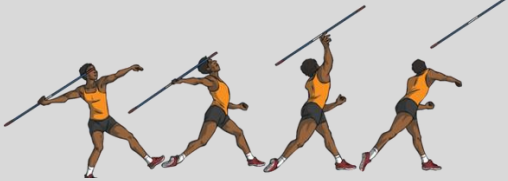


Year 3: Athletics

Subject Specific Vocabulary		Important Information	Important Knowledge
baton	A short stick that is passed from one runner to another in a relay race.	X	<ul style="list-style-type: none"> <input type="checkbox"/> I can use coordination to collect objects while running. <input type="checkbox"/> I can show a quick reaction time when starting a race. <input type="checkbox"/> I can use stamina to complete tasks over a period of time. <input type="checkbox"/> I can work as a team to complete a paarlaf task. <input type="checkbox"/> I can adjust my stride to hurdle over different objects. <input type="checkbox"/> I can create an achievable yet challenging hurdle course. <input type="checkbox"/> I can create a racing order for a paarlaf race. <input type="checkbox"/> I know how a paarlaf race works and how to create tactics for winning. <input type="checkbox"/> I can throw different objects using the correct javelin technique. <input type="checkbox"/> I can throw a javelin with accuracy. <input type="checkbox"/> I can be a supportive team member. <input type="checkbox"/> I can take part in a competitive carousel showing sportsmanship.
leap	A jump with one leg stretched out in front of the body used to tackle an obstacle.	X O X	
false start	When a competitor starts before the official signal to begin.	X	
joint place	Finishing a competition with the same points/score or time as another competitor.	Diamond formation	
racer	The individual competing in the event.		
heart rate	How many times your heart beats per minute.	Hurdle steps	
resting (HR)	The heart-rate during normal sedentary behaviour.		
delaying	Intentionally stopping or slowing down the beginning of a competition.		
focus	The concentration shown during events.		
markers	Equipment used to show where an object has landed.		