
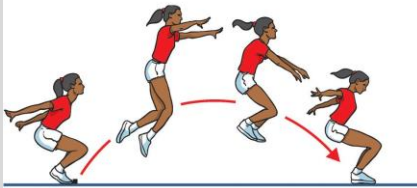


Year 4: Shot Put and Long Jump

Subject Specific Vocabulary		Important Information	Important Knowledge
follow through	The direction your arm moves after releasing the object or pushing from the ground.	 <p>Shot put is performed with a weighted ball.</p>  <p>Long jump is usually performed into a long sandpit.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> I can perform a standing long jump and shot put throw. <input type="checkbox"/> I can perform a long jump with a run up. <input type="checkbox"/> I can perform a shot put with accurate technique. <input type="checkbox"/> I know how to improve my technique to gain a longer distance for my long jump and shot put throw. <input type="checkbox"/> I can perform in my own competition that I created for long jump and shot put. <input type="checkbox"/> I know how to compete in a jumping and shot put relay. <input type="checkbox"/> I know how to change the rules of a game to match the skills I perform. <input type="checkbox"/> I know how to run a long distance. <input type="checkbox"/> I know how to change my pace for different distances. <input type="checkbox"/> I can perform in a race over different distances.
rotation	The way something turns in the air.		
evaluate	Comment on own and other's performances.		
fundamental movements	How you move your body throughout the sport.		
accuracy	Aiming and hitting a target.		
strength	The ability of a muscle to apply a force.		
reaction	How quickly you respond		
pace	Rate of movement		
reaction	How you respond to moving balls.		
power	To supply with energy or force		