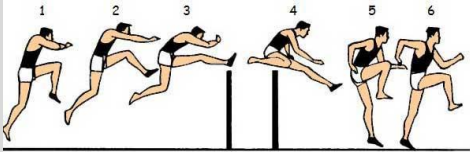



Year 4: Athletics

Subject Specific Vocabulary		Important Information	Important Knowledge
F.A.S.T	F = face forward – head still, A = arms pump fast – hip to lip, S = Speedy feet, T = Trunk to be upright	 	<ul style="list-style-type: none"> <input type="checkbox"/> I can use pump/swing my arms fast (hip to lip) when running, keep my head still and keep my body trunk upright. <input type="checkbox"/> I can stand in the correct stance while holding the javelin/vortex. <input type="checkbox"/> I can throw a javelin/vortex while standing in the correct stance. <input type="checkbox"/> I can throw a javelin/vortex using the correct stance and rotating my hips forward. <input type="checkbox"/> I can run over an obstacle/hurdle at some speed. <input type="checkbox"/> I can run over an obstacle/hurdle with speed and control. <input type="checkbox"/> I can stand in the correct stance for shot put. <input type="checkbox"/> I can push a tennis ball using the correct shot put stance and rotating my hips forward. <input type="checkbox"/> I can be a supportive team member. <input type="checkbox"/> I can take part in a competitive carousel showing sportsmanship.
reaction time	The length of time it take to respond to a command.		
javelin/vortex	A light spear shaped object used for throwing distances.		
hip rotation	Moving the directions your hips are facing during the action of throwing.		
super jump	Jumping from 2 feet and landing on 2 feet.		
obstacle	An object on the ground to jump over.		
hurdle	An upright frame used to jump over in running races.		
shotput	A heavy round ball used for throwing distances.		
transfer	Moving your body weight from one foot to the other.		
sportsmanship	Showing values to your teammates and opposition.		