



Year 5: Javelin, Discus, Shot Put and Jumping

Subject Specific Vocabulary		Important Information	Important Knowledge
stance	How you stand before you jump or throw.	 <p>The main throwing events are; shot put, hammer throw, discus and javelin.</p>  <p>Standing long jump and triple jump are competed on a measurement mat.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> I can perform and link all types of jumps. <input type="checkbox"/> I can compete using all types of jumps. <input type="checkbox"/> I can use a step sequence to perform different types of jumps. <input type="checkbox"/> I know the correct technique to use for a javelin, shot put, frisbee and discus throw. <input type="checkbox"/> I can throw a javelin, shot put, frisbee and discus with a step sequence. <input type="checkbox"/> I can throw a javelin, shot put, frisbee and discus with precision. <input type="checkbox"/> I know how to compete against others following the sports hall athletic rules.
handling	The way you hold the equipment you are throwing.		
collaborate	Work with others on an activity.		
flight path	The direction the equipment travels when been thrown.		
communication	How to tell someone something.		
advantage	Something that benefits you or makes you better than the other team.		
core strength	The muscles in your abdomen and back that work together.		
encourage	To help or give hope to another person.		
step sequence	The way you move your feet in the run up to a throw or jump.		
personal record	Something you set yourself when you have done your best.		