
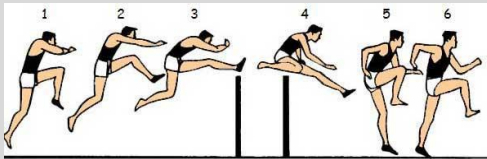



# Year 5: Running, Cross Country and Hurdle Races

Subject Specific Vocabulary		Information	Important Knowledge
<b>hurdle</b>	A small frame that you jump over.	  	<ul style="list-style-type: none"> <li><input type="checkbox"/> I know when to change my pace to allow me to run for longer.</li> <li><input type="checkbox"/> I can run as part of a team whilst changing my pace to match others.</li> <li><input type="checkbox"/> I can complete a long-distance course showing I can hold a pace.</li> <li><input type="checkbox"/> I can create and maintain a personal best on different courses.</li> <li><input type="checkbox"/> I can complete a long-distance course using the fartlek technique.</li> <li><input type="checkbox"/> I can complete a mile run showing I can change pace.</li> <li><input type="checkbox"/> I can run over an obstacle using a longer stride.</li> <li><input type="checkbox"/> I can change my step sequence to adapt to the type of hurdle I am running over.</li> <li><input type="checkbox"/> I can combine pace, coordination and speed when running over a hurdle.</li> <li><input type="checkbox"/> I can pass a relay baton using an up-sweep and push pass.</li> </ul>
<b>stance</b>	The way you stand.		
<b>peak</b>	Your maximum effort to give.		
<b>gait</b>	The way that you run.		
<b>running style</b>	How you run.		
<b>jog</b>	A type of slow running style.		
<b>improve</b>	To get better at something.		
<b>step sequence</b>	The way you step during a hurdle jump.		
<b>encourage</b>	To give support and hope.		
<b>personal record</b>	A time or amount that you always aim to improve.		