



Year 6: Athletics – Discus and Triple Jump

Subject Specific Vocabulary		Important Information	Important Knowledge
finger grip	The way you hold the discus, spreading the full hand.	 <p>Discus</p>  <p>Hammer throw</p>	<ul style="list-style-type: none"> <input type="checkbox"/> I know and use the techniques for standing long jump, vertical jump, running long jump and rebound jump. <input type="checkbox"/> I know how to perform a triple jump from standing and running. <input type="checkbox"/> I can link three of the jumps together to make a sequence. <input type="checkbox"/> I know and use throwing techniques for shotput, javelin, hammer and discus. <input type="checkbox"/> I know and use a step sequence as part of my throwing technique. <input type="checkbox"/> I know how to increase distance by changing pace, cadence and gait. <input type="checkbox"/> I can use good form and endurance to compete in a set distance race.
spin step	Rotating the body using power from the legs to drive the shot put or discus.		
eyeline	What you look at before throwing the discus.		
triple jump	A jump for distance incorporating a hop, step and jump.		
critique	To accurately analyse and asses another person.		
coach	To help others to gain knowledge or skill.		
follow through	To continue the swinging motion of the arms after completing a throw.		
discus	A disc shape object that is thrown for distance.		
hammer throw	A weighted ball attached to a rope which is swung 3 times then released.		
precision	To be exact or accurate.		