
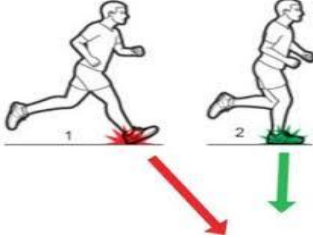




# Year 6 Knowledge Mat - Running

Subject Specific Vocabulary		Running	Important Knowledge about Running
<b>precision</b>	Being accurate in where your feet should land on surfaces.	   	<ul style="list-style-type: none"> <li><input type="checkbox"/> I can demonstrate different running paces.</li> <li><input type="checkbox"/> I can demonstrate and create a running formation.</li> <li><input type="checkbox"/> I can change cadence based on the distance of obstacles.</li> <li><input type="checkbox"/> I can analyse a team's skills and help them to win.</li> <li><input type="checkbox"/> I can display endurance when running a longer distance.</li> <li><input type="checkbox"/> I can competitively run against others.</li> <li><input type="checkbox"/> I can use running tactics to win.</li> <li><input type="checkbox"/> I can increase distance by changing pace, cadence and gait</li> <li><input type="checkbox"/> I can run at a set distance using endurance and good form.</li> </ul>
<b>paarlauf</b>	To run with a partner at different stages in a race.		
<b>stamina</b>	The ability to sustain prolonged physical activity.		
<b>endurance</b>	The capacity of a muscle or respiratory system to last.		
<b>formation</b>	The way you run.		
<b>coach</b>	To help others to gain knowledge or skill.		
<b>foot strike</b>	The way your foot hits the floor whilst running.		
<b>cadence</b>	The total number of steps you take per minute.		
<b>pacing</b>	Changing the speed of your run to maintain endurance.		
<b>critique</b>	To accurately analyse and asses another person.		