** Tigers – PE – Athletics**

***Key Skills:***

Physical:

* Running at different speeds, agility, coordination, jumping for distance, throwing for distance, throwing for accuracy, balance.

Social:

* Working safely, collaborating with others

Emotional:

* Determination, working independently.

Thinking:

* Observing and providing feedback, exploring ideas.

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| ***Words to know and spell (Tier 2 Vocabulary)*** | | |
| Fast | Slow | Jump |
| Aim | Direction | Far |
| Bend | Improve | Hop |
| Safe | Travel | Balance |

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| ***Words to understand and spell (Tier 3 Vocabulary)*** | |
| **Jump** | Take off and land on two feet. |
| **Hop** | Take off and land on the same foot. |
| **Leap** | Take off on one foot and land on the other. |

***Concept check questions. Test yourself:***

What is the difference between a hop and a jump?

How can you throw so that you hit a target?

How might you improve next time?

***Key skills to do:***

* Running at different speeds.
* Jumping for distance
* Throwing for distance
* Throwing for accuracy
* Balance

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