** Flamingos – PE – Athletics**

***Key Skills:***

Physical:

* Running at different speeds, jumping for distance, jumping for height, throwing for distance.

Social:

* Working safely, collaborating with others.

Emotional:

* Working independently, determination.

Thinking:

* Exploring ideas, observing and providing feedback.

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| ***Words to know and spell (Tier 2 Vocabulary)*** | | |
| Speed | Jog | Sprint |
| Pace | Balance | Direction |
| Take Off | Landing | Swing |
| Height | Distance | Overarm |

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| ***Words to understand and spell (Tier 3 Vocabulary)*** | |
| **Pace** | The speed at which a performer runs |
| **Agility** | The ability to change direction quickly and easily. |
| **Jump** | Take off and land on two feet. |
| **Hop** | Take off on one foot and land on the same foot. |
| **Coordination** | To move different body parts at the same time. |

***Key skills to do:***

* Running at different speeds
* Jumping for distance
* Jumping for height
* Throwing for distance.
* Observing and providing feedback.

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

What is the difference between a hop and jump?

What is a good jumping technique for long jump?

Show me a fast pace and a slow pace.