



Frogs – PE – Athletics

Key Skills:

Physical:

- Pacing, sprinting technique, relay changeovers, jumping for height, jumping for distance, push throw for distance, pull throw for distance.

Social:

- Collaborating with others, supporting others.

Emotional:

- Perseverance, determination.

Thinking:

- Observing and providing feedback.

Key skills to do:

- Sprinting
- Relay changeovers
- Jumping for distance – i.e. long jump
- Jumping for height.
- Throwing techniques

Words to know and spell (Tier 2 Vocabulary)

Compete	Technique	Continuous
Flight	Determination	Personal Best
Momentum	Rhythm	Officiate



Words to understand and spell (Tier 3 Vocabulary)

Changeover	Where a baton is passed from one person to another person.
Down sweep	In relay when the performer passes the baton in a downwards action.
Upsweep	When the performer passes the baton in an upwards action.
Pull Throw	When the performer pulls the item through the air.
Push throw	When the performer pushes the item through the air.

Concept check questions. Test yourself:

Can you explain a triple jump technique?

How would you perform an effective relay changeover?

What is a personal best?

What would you use a push throw for?