



Bumblebees – PE – Athletics

Key Skills:

Physical:

- Pacing, sprinting, running over obstacles, jumping for distance, jumping for height, fling throwing for distance, push throwing for distance.

Social:

- Negotiating, collaborating with others.

Emotional:

- Perseverance, determination

Thinking:

- Observing and providing feedback.

Key skills to do:

- Running over obstacles - Hurdles
- Sprinting
- Push throwing for distance – shot put.
- Fling throwing for distance – discus.
- Jumping for height – high jump.
- Jumping for distance – triple jump.

Words to know and spell (Tier 2 Vocabulary)

Technique	Control	Force
Continuous	Stride	Momentum
Officiate	Flight	Compete
Rotation	Transfer	Hop



Words to understand and spell (Tier 3 Vocabulary)

Trajectory	The path of a projectile.
Lead Leg	The leg that clears the hurdle first.
Trail Leg	The leg that clears the hurdle second.
Changeover	Where a baton is passed from one person to another.
Flight	The time the performer spends in the air in jumping events.

Concept check questions. Test yourself:

How would you throw a shot put?

How would you throw a discus?

What is the difference in techniques between high jump and long jump?