

What we already know (Stage 6):

- Can run longer distances knowing when to use a sprint.

**Athletics
Year 7**

What's next (Stage 7)

- Can explain the importance of good a good body position when sprinting and describe the advantages of this when competing.

Physical Education Golden Concepts

Health related fitness

Movement and agility

Teamwork and communication

Fundamental skills

Building confidence and leadership

Key Vocabulary

Sprint	Running as fast as I can over a short distance.
Pace	How fast or slow I run over a longer distance.
Relay	A team race where runners pass a baton to each other.
Take-off	Pushing off the ground to start a jump.
Landing	Finishing a jump safely with balance.
Throw	Sending the javelin, shot, or discus with power and control.
Start	The beginning of a race or event.
Finish	The end of a race or activity.
Effort	Trying my hardest to do my best.

What I will know by the end of the unit:

Use good technique in running, jumping, and **throwing** events.

Run with control and power, using the right **pace** for different distances.

Work well in a team during **relay** races, using smooth baton changes.

Jump and **throw** safely with balance and good control.

I understand I can improve my performance through the amount of **effort** I put in.

