

What we already know (Stage 3):

- Can jump two footed through five evenly spaced agility hurdles in quick succession.

**Athletics
Blue Class**

What's next (Stage 4)

- Can demonstrate the correct technique when performing the standing long jump in sports hall athletics.

Physical Education Golden Concepts

Health related fitness	Movement and agility	Teamwork and communication	Fundamental skills	Building confidence and leadership
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What I will know by the end of the unit:

Key Vocabulary	
Run	Moving quickly using my legs.
Jump	Pushing off the ground to go into the air.
Throw	Sending something through the air.
Control	Moving safely around others.
Race	Running or moving to see who finishes first.
Team	A group of people working together.
Start	When I begin an activity.
Finish	When I reach the end.
Try	Doing my best every time.

Run, jump, and throw safely and with control.

Join in races and games with good effort.

Take turns and work with others in my team.

I know a race has a start and finish.

I try each event as best as I can.

