

What we already know (Stage 5):

- Can grip and throw an indoor javelin effectively from a standing position.

Athletics
Red and Purple Class

What's next (Stage 6)

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

Physical Education Golden Concepts

Health related fitness	Movement and agility	Teamwork and communication	Fundamental skills	Building confidence and leadership
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Key Vocabulary	
Run	Moving quickly using my arms and legs.
Jump	Pushing off the ground to go into the air.
Throw	Sending an object, like a beanbag or ball, as far as I can.
Sprint	Running very fast over a short distance.
Pace	How fast or slow I run over a longer time.
Relay	A team race where we pass a baton to each other.
Start	The beginning of a race or event.
Finish	The end of a race or activity.
Try My Best	Giving 100% effort in everything I do.

What I will know by the end of the unit:

- Run, jump, and throw using safe and controlled movements.
- Show good effort, try my best and control in all events.
- Take part in relays, working well with my team.
- Use the right pace for short and long runs.
- Understand when start and finish lines are and how to prepare for/end a race.

