

**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
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**What I will know by the end of the unit:**

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.

- 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.

