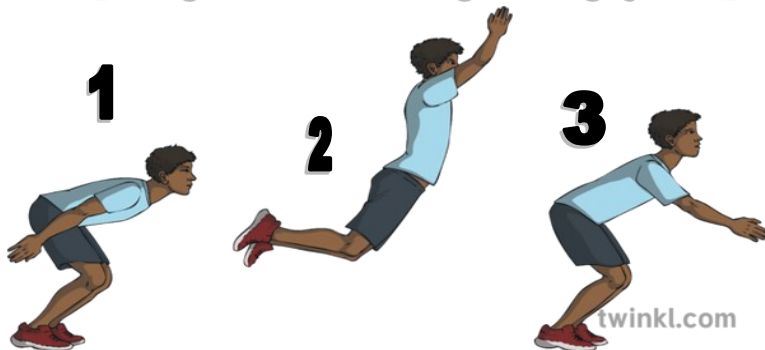


# Jumping - standing long jump



1. Weight shifts forwards and arms swing back
2. Hips and knees extend as you propel your weight forwards through the air
3. Heels pressing into floor for a stable, shock absorbing landing and arms out in front to help with balance.

# Sprinting

Sprinting can be demonstrated with a ready start—waiting for the G of the GO.

Arms should be used in coordination with the legs and children should be encouraged to travel in a straight line.



A dip finish should be demonstrated over the finish line with the head

1. This position should be in the direction you wish to throw the ball/javelin. If you are right handed, this should be to your left and vice versa.
2. The body should then twist to face the direction you aim to throw.
3. The ball/javelin stays close to the face as you bring the arm through until it is released.

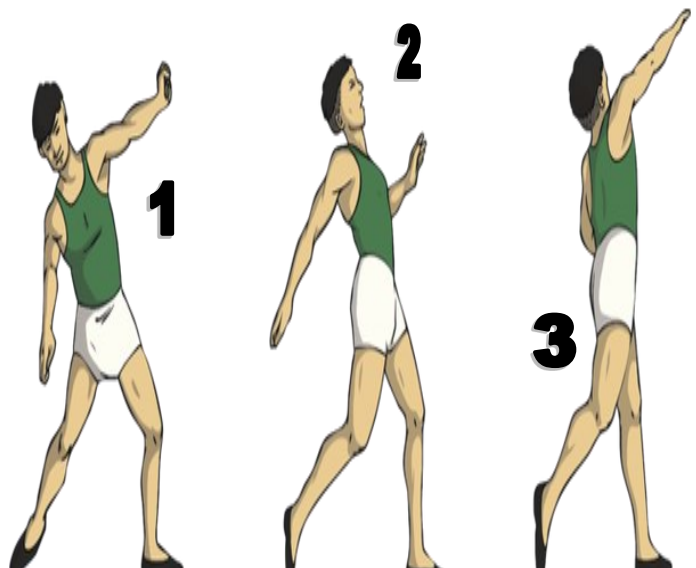
# Hurdles



Children will be able to jump over low and medium sized hurdles. Children should jump over the hurdle with their strongest leg leading, let them explore this jumping over a single hurdle first.

# Throwing for distance

Children can demonstrate a standing overarm throw for distance, using a sideways position.



# Key Learning and Vocabulary—Athletics

## LKS2 PE

### Jumping - triple jump

Hop Skip Jump

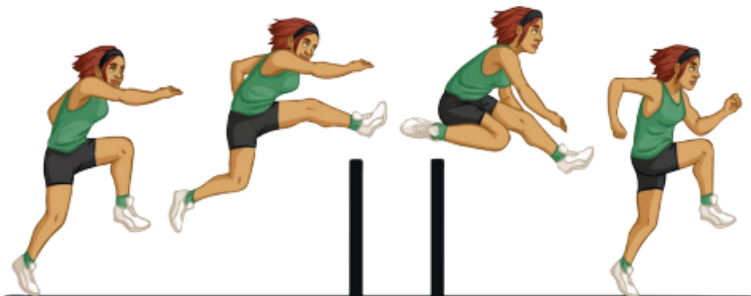


1. Take off from your strongest foot and land on the same foot (**hop**).
2. When you land from your hop, step and land on your opposite foot (**skip**).
3. When you have landed from the step (skip), take off from the same foot and land with both feet together (**jump**).

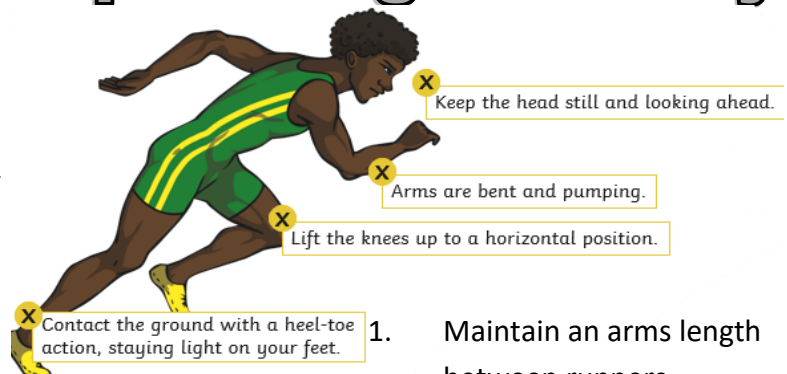
Children can run and jump medium and high sized hurdles, attempting same leg lead.

- Your strongest leg should lead and clear the hurdle first with the other leg bent at the knee behind
- The lead leg should touch the floor first followed by the trail leg
- Try not to 'land', hit the ground running and go naturally into the next stride

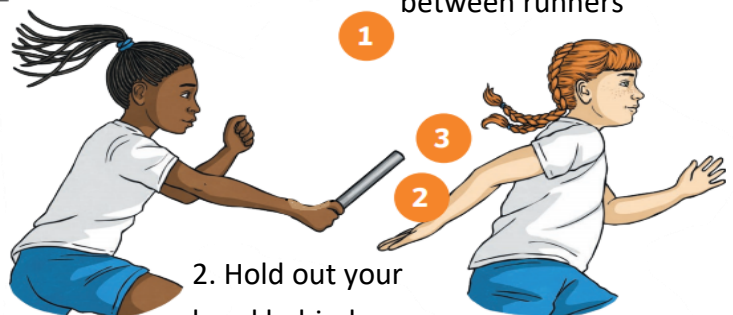
### Hurdles



### Sprinting & Relay



1. Maintain an arms length between runners



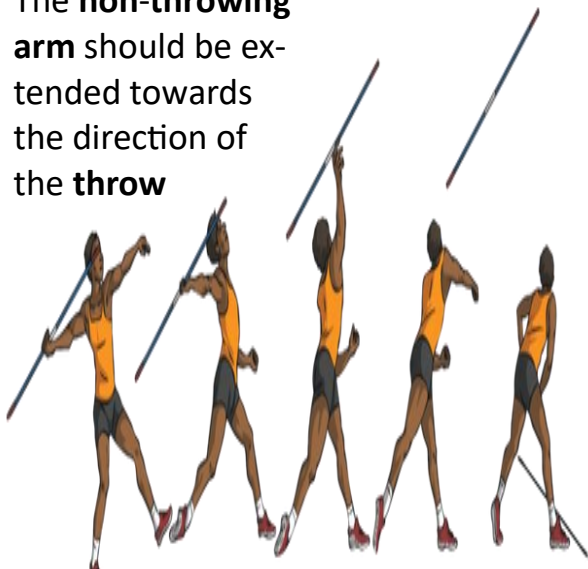
2. Hold out your hand behind you, palm up and open for receiving

3. Grip (don't snatch) as soon as you feel the baton in your hand

You should aim to release the ball/javelin at no more than 40 degrees from the ground (roughly the trajectory you might throw a ball for distance). Too low and it will lose distance; too high and it is likely to land tail first.

### Throwing for distance

The **non-throwing arm** should be extended towards the direction of the **throw**



# Key Learning and Vocabulary—Athletics

## UKS2 PE

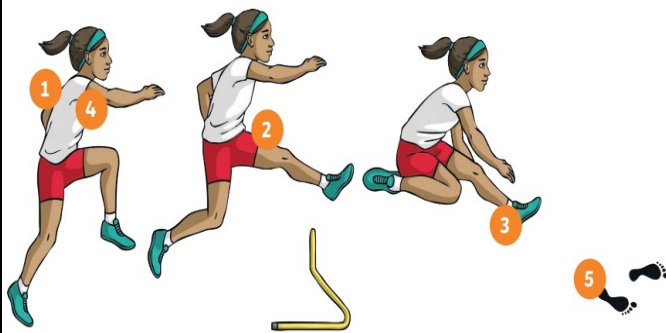
### Jumping - triple jump



Children can demonstrate a clear triple jump with a run up.

- Take 10-12 steps back from the starting line/board.
- Plant and take off from the strongest foot for the 'hop' phase (pushing off the starting line/board), then power off this leg for the 'step/skip' phase.
- Throw arms upwards and forwards to propel yourself forwards into the landing space as possible
- Keep legs out in front of you for as long as possible

### Hurdles

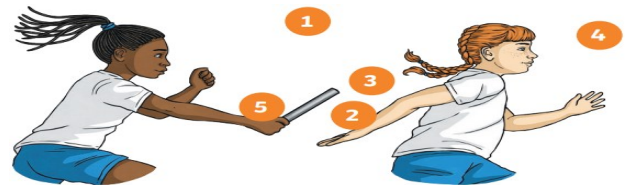


1. Accelerate quickly towards the first hurdle
2. Step over, not around, the hurdle—leading with the heel
3. Pull down the lead leg quickly to push off the ground into the next stride
4. Remember to use your arms for balance
5. Try to maintain an even stride length between each hurdle

### Long distance & Relay

Identifying pace for long distance:

- Try not to set off too quickly
- Try to run at a consistent pace
- Learn how it feels to run at different paces: be aware of your breathing, legs and overall feeling in your body
- Try to get into a rhythm



4. Keep your eyes ahead and don't turn around
5. Hold the baton at one end so there is enough room for your teammate's hand at the other end

### Throwing for distance

By releasing the beanbag after a run up, you are able to use the **momentum** of the run to increase the **force** of the throw.

**Pull**



The more **speed** in your run up, the more **power** you can add to your throw.

**Push**



- Stand side on to the direction you intend to release the shot.
- The shot should remain pressed to the side of your neck until you are ready to release it—non throwing arm away from your body for balance.
- Twist as you release the shot with a pushing motion—for more power, bend at the hips and spring up as you release.