

Key Content (New Learning)

Physical: run, jump, throw.	Social: collaboration, communication, co-operation, respect	Emotional: honesty and fair play, confidence, persevere	Thinking: reflection, decision making, select and apply, use tactics, observe and provide
Lesson 1  Lesson 2  Lesson 3  Lesson 4  Lesson 5  End point	<p>To develop my own and others sprinting technique.</p> <p>To identify a suitable pace for the event.</p> <p>To develop power, control and technique for the triple jump.</p> <p>To develop power, control and technique when throwing for distance.</p> <p>To develop throwing with force and accuracy for longer distances.</p> <p>To work collaboratively in a team to develop the officiating skills of measuring, timing and recording.</p>		<p>Sprinting – a footrace over a short distance with an all-out or nearly all-out burst of speed</p> <p>Patience – the ability to wait, or to continue doing something despite difficulties, or to suffer without complaining or becoming annoyed</p> <p>Teamwork – The combined effort of a group to achieve a goal or complete a task in the most effective and efficient way.</p> <p>Accuracy –the ability to perform movements and skills with precision</p>