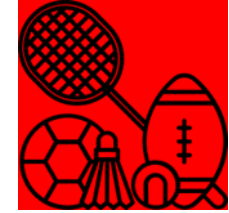




Objectives and Sticky Knowledge

Previous Knowledge:

1. To use different speeds and changing direction
2. To use jumping accurately with control and balance
3. To throw accurately to a teammate using a variety of throws.



Land Objectives and Sticky Knowledge:

<p>1.Sprint over a short distance and show stamina when running over a long distance</p>	<p>2.Jump in different ways</p>	<p>3. Throw in different ways and hit a target, when needed</p>
<p>1. Know what short distance is 2. Know how to spring using your knees to push up. 3. Understand different ways of jumping and use these over a short distance.</p>	<p>1. Know what short distance is 2. Know how to spring using your knees to push up. 3. Understand different ways of jumping and use these over a short distance.</p>	<p>1. Know different ways of throwing 2. Understand that in Athletics we may need to hit a target 3. Know what a target is</p>

Sea:

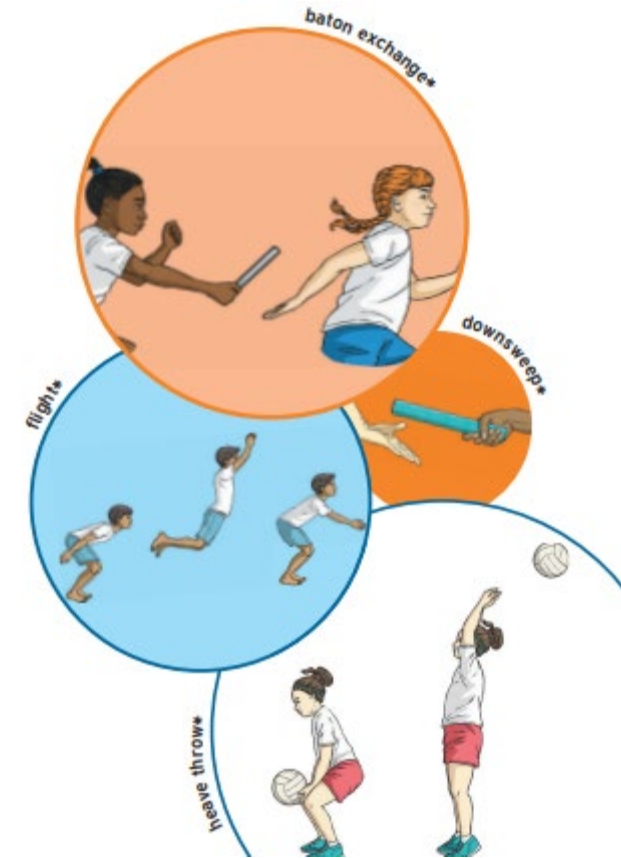
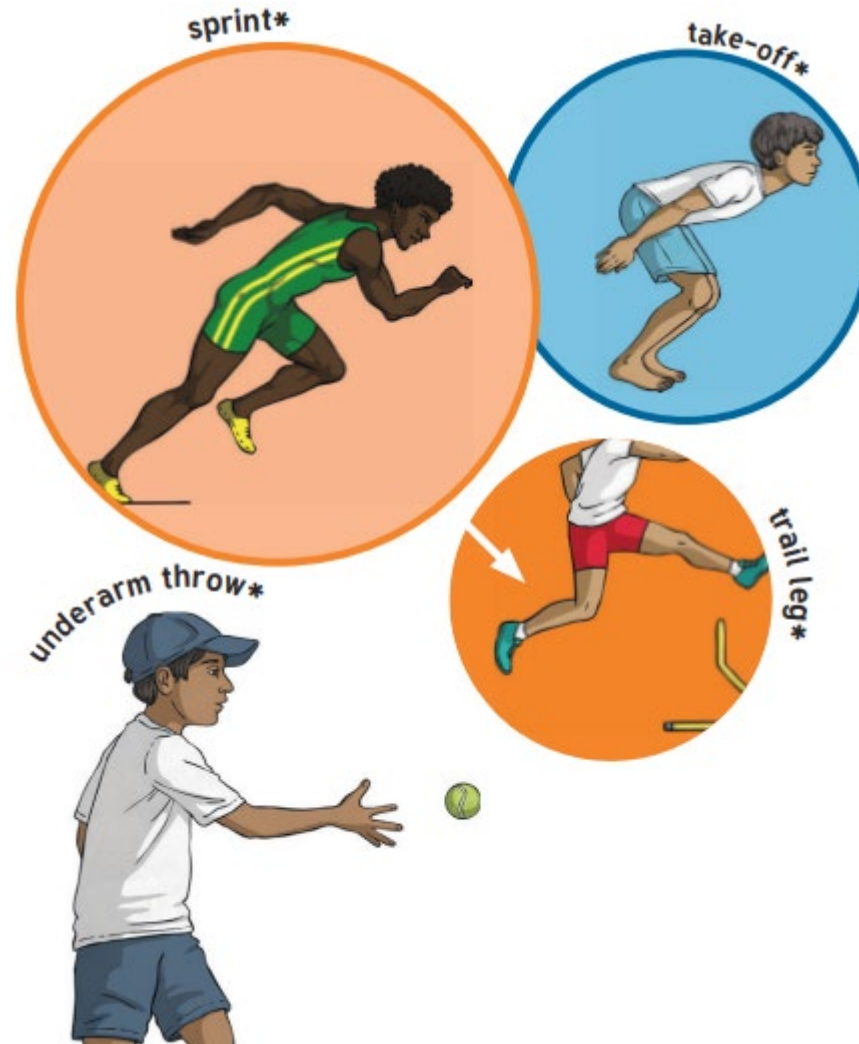
Links with 'Communication' Golden Thread

Links with CST and CTK Values:

Year 4 Athletics Knowledge Organiser

Key Vocabulary

Running	An action to move quickly with the correct technique using arms and legs as effectively as possible.
Throwing	The ability to propel an object through the air as far as possible.
Jumping	The technique to propel the body into the air to either cover, distance, height or both.
Improve	To work to get better at something.



Sky Objectives:

1. Can actively show an understanding of the ABC's.
2. Can encourage other children during a competitive situation when losing.
3. Can identify the role of the heart when exercising.