



Unit Purpose

The unit of work will challenge pupils to consolidate their knowledge, understanding and ability to **sprint** effectively, individually and within a team. Pupils will be able to develop their technique for throwing a **shot putt** and explore and develop an understanding of how to **hurdle** safely.

Inspire Me

At the 1992 Olympics **Derek Redmond** tore his hamstring in the 400 metres semi-final but continued the race limping. With assistance from his father, managed to complete the race as the crowd gave him a standing ovation.



Key Success Criteria

- P** Pupils will apply the correct technique for sprinting individually and within a team whilst developing their technique for hurdling and throwing the shot put.
- C** Pupils will demonstrate a strong understanding of how to apply the correct technique and why the correct technique is so important.
- S** Pupils will consolidate their ability to encourage and collaborate with other, communicating developmental feedback and showing respect.
- W** Pupils will strive to improve their own technique, ensuring they always apply maximum effort.



Vocabulary for Learning

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

Speed: Is the ability to move all or part of the body as quickly as possible. Speed is vital to success when sprinting or throwing an object.

Distance: is defined as the length of space between two points. This might mean how far an athlete has to run, how far an athlete has thrown an object, or how far an athlete has jumped.

Evaluation: means for an athlete to review their own or teams performance, making judgements on their own or teams strengths and weaknesses in order to improve their own or teams performances.



Sport Specific Vocabulary

Change Over: A change over is where two athletes from the same team pass a baton between one another while running as fast as possible. Athletes cannot throw or drop the baton.

Personal Best: A personal best is an individual or team's best performance in a given event.

Lap: Is one full completed circuit of a track in a running race.

