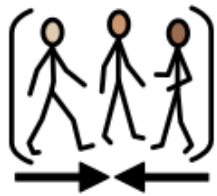




competition



event



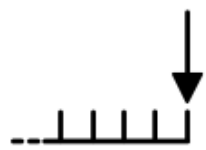
aerobics



long distance



heat



final



PE: Athletics - Year 6



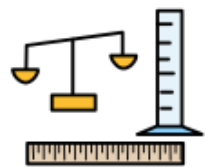
field



hurdles



personal best



measure



timed



athletic

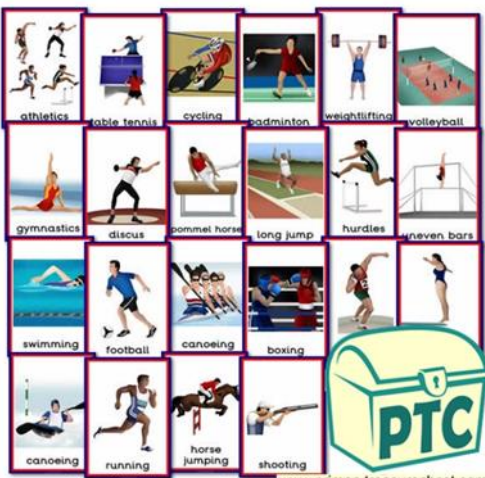



throwing



stamina

Y6 Physical Education: Athletics – Topic Vocabulary Mat

Subject Specific Vocabulary		Relevant Pictures and Information		Pioneers and Role Models	
competition	An event or contest in which people take part in order to establish superiority.				Kate French has recently won the gold medal for Great Britain in the Pentathlon. She competed in 5 different disciplines: fencing, swimming, horse riding, pistol shooting, and running. She has enjoyed medal success ever since taking up the sport, taking team gold along with Samantha Murray and Freyja Prentice at the European Championships in 2015.
contest	To engage in competition in a sport or activity.				
event	An organised arrangement in which athletes compete.			Exciting Websites	
aerobics	Physical activity that increases the heart rate and the body's use of oxygen			<ul style="list-style-type: none">https://orthoinfo.aaos.org/en/staying-healthy/a-guide-to-safety-for-young-athletes/	
long distance running	In the sport of athletics, long-distance events are defined as races covering 3 km (1.9 mi) and above.	What I've Learnt Already		Key Knowledge	
heat	A heat is one of a series of races or competitions.	From Year 5: <ul style="list-style-type: none">Know how to run at various paces to suit distances and speeds.Use acceleration and the correct time to achieve a goal.Know the various types of jumps required for different disciplinesKnow requirements of height and distance within each throwing technique in various throwing disciplines.To evaluate their performance and identify areas for change.		<ul style="list-style-type: none">To know how to demonstrate stamina and increase strength.To know the importance of exercise	
		Skills I am Developing		<ul style="list-style-type: none">To know the importance of warming all parts of the body and then more specifically the body parts used in a certain discipline	
track	A track event is an event in athletics that requires the athlete to run or walk around a track.	<ul style="list-style-type: none">Recap, practise and refine an effective sprinting technique, including reaction time.Build up speed quickly for a sprint finish.Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern.Accelerate to pass other competitors.Work as a team to competitively perform a relay.Confidently and independently select the most appropriate pace for different distances and different parts of the run.Develop the technique for the standing vertical jump.Maintain control at each of the different stages of the triple jump.Land safely and with control.Measure and record the distance of their throws.Continue to develop techniques to throw for increased distance and support others in improving their personal best.Develop and refine techniques to throw for accuracy.		<ul style="list-style-type: none">To know that different running events require different paces and breathing techniques	
field	Athletic sports other than races, such as throwing and jumping events.			<ul style="list-style-type: none">To know that each jump type and style requires a different lead up approach to enhance the end result.	
personal best	A personal record or personal best (frequently abbreviated to PR or PB) is an individual's best performance in a given sporting discipline.			<ul style="list-style-type: none">Know how to effectively use different throwing techniques with different apparatus.	