



Physical Education | Athletics | LKS2

Sporting Hero: Dame Jessica Ennis-Hill DBE is a British former track and field athlete from England, specialising in multi-eventing disciplines and 100 metres hurdles. As a competitor in heptathlon, she is the 2012 Olympic champion, a three-time world champion (2009, 2011, 2015), and the 2010 European champion.



Key Skills- Years 3 & 4

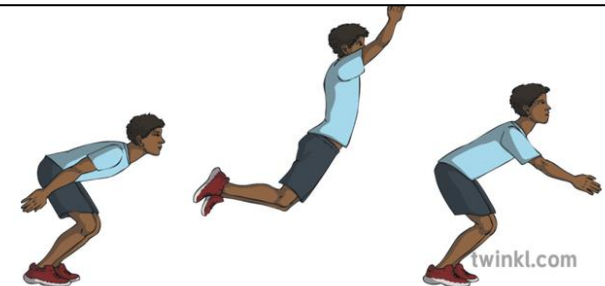
- Throw for distance and accuracy
- Develop my technique for shotput and javelin.
- Release the javelin at the correct time to throw further distances.
- Push the shot put as opposed to a throw.
- Rotate and transfer my body weight to increase the distance I throw.
- Swing arms and bend legs to build momentum for a standing long jump.
- Bend legs when landing with two feet.
- Accurately jump close to the take-off board.
- Use momentum to jump increasing distances.
- Apply the correct technique when sprinting: head up, pumping arms, driving leg actions and on the balls of feet.
- Focus and stay in lane when sprinting.
- In a relay race, apply the correct techniques to pass on and receive the bat.
- Run at speeds appropriate to the distance.

Key Knowledge

- Olympic sports which involve throwing are javelin, shotput and discuss.
- By rotating and transferring my body weight, you throw further distances.
- The three phases of the standing long jump are preparation, flight and landing.
- When preparing to jump, I can build momentum by swinging my arms and bending my legs.
- Jumps are measured from the forward edge of the take-off board to the closest mark in the landing area.

Key Vocabulary

- Pull throw:** the pull back and throw action of a javelin.
- Push throw:** the pushing action required for shot put.
- Phase:** refers to the different sections of a jump, throw or running action.
- Momentum:** strength or force gained through the body's movement.
- Technique:** a way of carrying out a particular activity
- Pace:** the speed at which you move
- Relay:** a racing competition where members of a team take turns completing parts of a race.
- Strategy:** a plan of action designed to achieve a goal.
- assess | maintain | evaluate | technique | vary optimise | accuracy | transfer**



Above: the correct technique for a standing long jump