

Athletics

- Running for speed competition
- Running for distance competition
- Throwing competition
- Jumping competition

Athletics

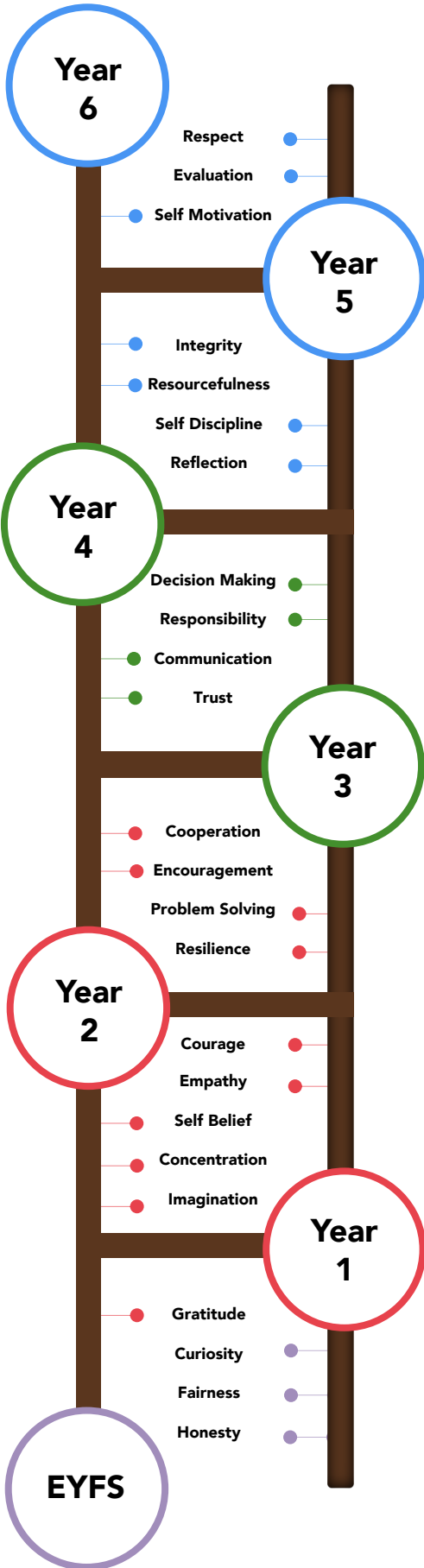
- Develop running at speed
- Exploring our stride pattern
- Exploring running at pace
- Understand and apply tactics when running for distance
- Introduce the Javelin
- Standing triple jump

Locomotion: Jumping

- Consolidate jumping
- Apply jumping into a game
- Explore jumping combinations
- Develop jumping combinations

Locomotion: Walking/Jumping

- Explore/develop jumping
- Sustain walking



- Respect
- Evaluation
- Self Motivation

- Integrity
- Resourcefulness
- Self Discipline
- Reflection

- Decision Making
- Responsibility
- Communication
- Trust

- Cooperation
- Encouragement
- Problem Solving
- Resilience

- Courage
- Empathy
- Self Belief
- Concentration
- Imagination

- Gratitude
- Curiosity
- Fairness
- Honesty

Athletics

- Finishing a race
- Evaluating our performance
- Sprinting: My personal best
- Relay changeovers
- Introduce the Shot Put
- Introducing the hurdles

Athletics

- Explore running for speed
- Explore acceleration
- Introduce /develop relay: Running for speed in a team
- Throwing: Accuracy vs distance
- Standing long jump

Locomotion: Running/Jumping

- Explore running
- Running for speed: Acceleration
- Explore running in a team
- Develop jumping
- Explore how jumping affects our bodies

