


<p>Prior Knowledge & Skills— Early Learning Goals</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others;</p> <p>Demonstrate strength, balance and coordination when playing;</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Key Vocabulary</p>		<p>Famous Sportsperson—Usain Bolt</p>	
	<p>Word</p>	<p>Definition</p>	<p>Usain Bolt is the fastest man on earth. He ran the 100m</p>	
	<p>Athlete</p>	<p>A trained person in sports who takes part in track and field competitions.</p>	<p></p>	
	<p>Baton</p>	<p>A tube that is passed from one relay race member to another.</p>	<p>He ran the 100m</p>	
	<p>Discus Throw</p>	<p>A sports event where a discus (a bit like a heavy Frisbee) is thrown</p>	<p>sprint in 9.58 seconds. He was born in Jamaica, in the Caribbean. When he turned professional, Usain was offered the chance to go to train at a top sports facility in America, but he turned it down, preferring to stay in his home country. One of Usain's greatest achievements was winning gold in both the 100m and the 200m in three consecutive Olympic games (2008, 2012 and 2016). He was the first athlete ever to achieve this feat.</p>	
	<p>False Start</p>	<p>When someone starts the race early, so the race has to be started again.</p>		
	<p>Key Knowledge & Skills</p> <p><u>Year 1:</u></p> <p>Understands speed in simple terms.</p> <p>Performs basic components of movement e.g. run, jump, hop.</p> <p><u>Year 2:</u></p> <p>Adopt a basic technique for running long and short distances.</p> <p>Perform movement skills in simple activities e.g. skipping.</p>	<p>Hurdles</p>	<p>A series of frames that runners must jump over.</p>	
		<p>Javelin Throw</p>	<p>A sports event where a javelin (like a long stick) is thrown.</p>	
<p>Relay</p>		<p>A race of teams of runners passing batons to each other on a team.</p>		
<p>Sprint</p>		<p>A short running race where acceleration and top speed are important.</p>		
		<p>Local Clubs</p> <p><u>City of Norwich Athletics Club (CoNAC)</u> are an athletics club based in Norwich. They train in both track and field events. To find out more go to https://conac.org.uk/</p>		
<p>Future Learning—Year 3 Athletics</p> <p>Sprint over a short distance and conserve energy for a longer distance.</p> <p>Begin to perform specialised movement skills/techniques.</p>				