


<p>Prior Knowledge & Skills</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>Key Vocabulary</p> <table border="1"> <thead> <tr> <th>Word</th> <th>Definition</th> </tr> </thead> <tbody> <tr> <td>Speed</td> <td>To move quickly</td> </tr> <tr> <td>Acceleration</td> <td>To go from still to moving at speed as fast as possible.</td> </tr> <tr> <td>Hurdles</td> <td>An obstacle that a runner may have to jump over during a race.</td> </tr> <tr> <td>Reaction Time</td> <td>How quickly you react to a stimulus</td> </tr> <tr> <td>Track</td> <td>Events that involve running, usually on the running track.</td> </tr> <tr> <td>Field</td> <td>Events are based around jumping and throwing.</td> </tr> <tr> <td>Finishing Line</td> <td>The point at which the timer stops—you do not stop here!</td> </tr> <tr> <td>Lanes</td> <td>The running area that you are allowed in.</td> </tr> <tr> <td>Endurance</td> <td>Being able to repeat a specific movement for a long time, e.g. running a long distance.</td> </tr> <tr> <td>Power</td> <td>Force generated by your body to help move it.</td> </tr> <tr> <td>Momentum</td> <td>Creating speed that is used to transfer into power for a jump, throw or gain top speed as quickly as possible.</td> </tr> <tr> <td>Relay</td> <td>Working as a team to complete a race with a baton.</td> </tr> </tbody> </table>	Word	Definition	Speed	To move quickly	Acceleration	To go from still to moving at speed as fast as possible.	Hurdles	An obstacle that a runner may have to jump over during a race.	Reaction Time	How quickly you react to a stimulus	Track	Events that involve running, usually on the running track.	Field	Events are based around jumping and throwing.	Finishing Line	The point at which the timer stops—you do not stop here!	Lanes	The running area that you are allowed in.	Endurance	Being able to repeat a specific movement for a long time, e.g. running a long distance.	Power	Force generated by your body to help move it.	Momentum	Creating speed that is used to transfer into power for a jump, throw or gain top speed as quickly as possible.	Relay	Working as a team to complete a race with a baton.	<p>Famous Sportsperson—Mo Farah</p> <p>Sir Mohamed "Mo" Muktar Jama Farah is a British middle and long-distance runner who holds the European record in the 5,000 metres and 10,000 metres.</p>  <p>Farah was born in Mogadishu, Somalia. He spent his early childhood living in Somaliland and Djibouti. He moved to England when he was eight years old as a refugee. Despite the struggles of his early life, in the 2012 Olympics he won gold in the 10,000 metres and the 5,000 metres. He is now the most decorated British athlete in modern Olympic games history.</p>
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<p>Key Knowledge & Skills</p> <p><u>Year 3:</u></p> <p>Sprint over a short distance and conserve energy for a longer distance.</p> <p>Begin to perform specialised movement skills/ techniques.</p> <p><u>Year 4:</u></p> <p>Use a different style for running short and long distances.</p> <p>Perform specialised movement skills/techniques.</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 5 Athletics</p> <p>Select appropriate pace for running various distances.</p> <p>Perform specialised movement skills/ techniques with precision.</p>																										