


<p><b>Prior Knowledge &amp; Skills</b></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>	<b>Key Vocabulary</b>		<p><b>Famous Sportsperson—Jesse Owens</b></p>  <p>Jesse Owens was an American track and field athlete, specialising in sprints and the long jump. At the 1936 Summer Olympics in Berlin, he was the most successful athlete at the games, winning 4 gold medals.</p> <p>Adolf Hitler had wanted to use the games to show that athletes from Nazi Germany were superior, and had promoted the idea of white competitors being superior. Stories from the games said that Hitler had refused to shake Jesse Owens' hand after his victories because he was black, however Owens himself disputed this, and pointed out the massive inequalities back home in America at the time.</p>
	<b>Word</b>	<b>Definition</b>	
	<b>Officiate</b>	To assist running events by applying rules.	
	<b>Analysis</b>	Be able to look at performance and suggest improvements.	
	<b>Technique</b>	Understand the set of actions required for each activity	
<b>Relay Changeover</b>	How the baton is passed from one runner to the next.		
<p><b>Key Knowledge &amp; Skills</b></p> <p><u>Year 5:</u></p> <p>Select appropriate pace for running various distances.</p> <p>Perform specialised movement skills/techniques with precision.</p> <p><u>Year 6:</u></p> <p>Demonstrate accurate control, technique, speed and stamina in running.</p> <p>Consistently perform specialised movement skills / techniques in practice and performance environments.</p>	<b>Momentum</b>	Creating speed that is used to transfer into power for a jump, throw or gain top speed as quickly as possible.	<p><b>Local Clubs</b></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 <a href="https://conac.org.uk/">https://conac.org.uk/</a></p>
	<b>Finishing Line</b>	The point at which the timer stops—you do not stop here!	
	<b>Hurdles</b>	An obstacle that a runner may have to jump over during a race.	<p><b>Future Learning— KS3 Athletics</b></p> <p>Develop technique and performance in competitive sports</p> <p>Analyse performance compared to previous ones and demonstrate improvement to achieve a personal best.</p>
	<b>Consistency</b>	Being able to perform the same skill accurately repeatedly.	
	<b>Endurance</b>	Being able to repeat a specific movement for a long time, e.g. running a long distance.	
	<b>Explosive Power</b>	Force generated by your body to make your body jump.	
	<b>Relay</b>	Working as a team to complete a race with a baton.	