

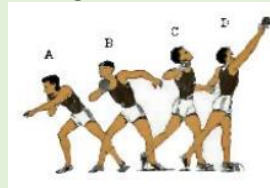
Athletics - Year 5

Key vocabulary	Definition
Personal Best	The best time or distance achieved by that person.
Stamina	Keep going with a physical or mental activity.
Pace	Speed when walking or running.
Technique	The way of carrying out a task.
Determination	Self-belief and drive to do well.
Perseverance	Not giving up easily.

Key Knowledge and Skills:

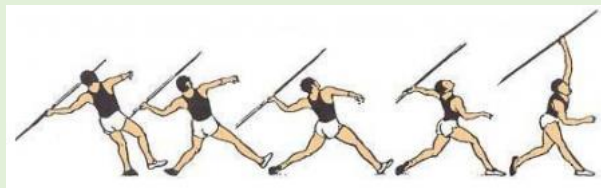
Shot Putt

Use a Standing throw: Rest the shot on your palm and push into your neck. Ensure your chin, knee and toe are in line. Punch shot away from the neck Keep elbow high.



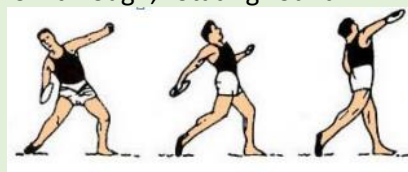
Javelin

Use a standing throw Grip: Place javelin in the crease of your hand. Straighten your arm keeping javelin close to your head and parallel to your arm. Ensure your chin, knee and toe are in line. Transfer your weight from front to back leg as release javelin.



Discus

Use a Standing throw: Your throwing hand (including the thumb) is on top of the discus with your fingers evenly spread. The top knuckle of your four fingers (not the thumb) should touch the rim, with your fingertips over the sides. Continue shifting your weight forward as you pivot your hips. Bring your arm up at approximately a 45-degree angle to release the discus. The discus should leave your hand smoothly in front of the index finger with your hand at about shoulder height. Follow through, rotating round.



Long Jump



Triple jump

