

### Prior Learning

Investigated ways of performing running, jumping and throwing activities. Used a variety of equipment to measure, time and compare different styles of runs, jumps and throws.

### Unit Focus

Sustain pace over short and longer distances. Run as part of a relay team. Perform a range of jumps and throws.

### We are learning...

1. to run for speed & distance on our own and as part of a team.
2. pacing our run over longer distances.
3. different jumping styles and exploring which ones we can jump further with.
4. to use the push-throw technique.
5. to exchange a baton within a restricted area.
6. to design a running, jumping or throwing activity for others using the STEP principle.

### Key Questions

1. Why should you pass the baton into your partner's opposite hand?
2. Which throw do you think is most effective for distance?
3. Can you jump further with a run up?

### Equipment

A variety of balls, hoops, bean bags, quoits, throw-down markers, foam javelins, balloons, stopwatches, measuring tape, skipping ropes, foam discus, vortex howler, and low hurdles.

### Vocabulary

Bounce, relay, baton, safety, rules, targets, record, set, take over, pass, sustain, push, receive, hop – step – jump.

### Rules

- Receiving the baton within a restricted area.
- Fair scoring of event/activity.
- Appropriate rules in running, jumping or throwing events.

### Assessment Overview

**Head** - Distinguish between good and poor performances and suggest ways to improve self and others.

**Hand** - Sustain pace over shorter and longer distances.

**Heart** - Able to run as part of a team in relay-style events.

