

How do we go for gold?

Key Vocabulary	Athletics
Speed	How fast a person can move, usually measured over short or long distances.
Races	Events where athletes run, jump or throw to compete to finish first or achieve their best performance.
Personal best	The best performance an athlete has ever achieved in a specific event.
Distance	How far athletes runs, jumps or throws. Events can be short, middle or long distances.
Competition	An event where athletes take part in races or field events to compare performances to try and win.
Measuring	The process of recording times, heights or distances in athletic events to judge performance accurately.

Steps to Success in Athletics

To move into space

To control my body and equipment when throwing, running and jumping

To run and jump on the balls of my feet

To show a correct pull throw technique

To land safely when jumping



jumping



throwing

