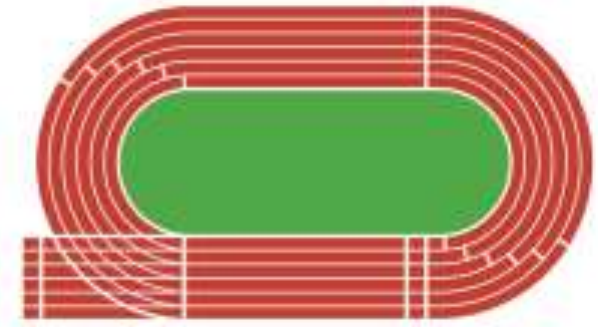
How do I achieve my personal best?

Key Vocabulary	Athletics
Pace	How fast you are running, and how well you keep that speed over time.
Timing	Doing a movement at the right moment (such as starting, jumping, or releasing) so the action works smoothly.
Coordination	Using different parts of the body together smoothly during running, jumping, or throwing.
Technique	The correct and efficient way of performing an athletic skill, like sprinting form, jumping style, or throwing action.
Movement	How your body travels or changes position—running, jumping, pushing, pulling, or changing direction.
Measurement	Recording how far, how fast, or how high you perform in events such as long jump, shot put, or sprints.

Steps to Success in Athletics
To use the correct combination of jumps to complete the triple jump
To compete in long distance running
To compete in short distance races
To use a run up when throwing
To practise to improve throwing distance