

### Key Knowledge

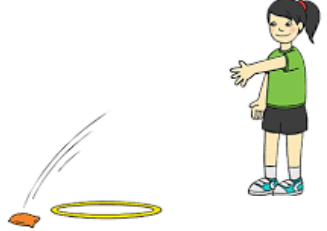
- **Athletics** is made up of **running, jumping** and **throwing** events.
- I know that **jogging, running** and **sprinting** are best used for different **distances**.
- I know that some jumps are best used for distance and some are best used for height.
- I know that there are safe ways to land after jumping and safe ways to throw.

### My Body

I know that exercise is important to stay healthy.

I know that when I run for longer amounts of time my breathing gets faster, my legs may feel tired and I will feel warm.

### Athletic Events

| jog                                                                                 | run                                                                                 | sprint                                                                               | obstacle run                                                                          | standing jump                                                                         | throwing                                                                              |
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