

Key Knowledge





- Athletics can be divided into **track** and **field** events.
- I know the **pace** I run at depends on the distance I am running.
- I know that **running technique** changes as the pace increases.

My Body



I know that performing different activities will have different effects on my body.

I know that regular exercise will help me keep healthy.

Sprint Technique

arms	knees	stride	body
			
pump arms	knees lift	stride is longer	body leans forward

Jump Technique

take off	land
	
take off on both feet	land on both feet

