

### Key Knowledge

- Athletics is an Olympic event; the Olympics happens every four years.
- I know the **relay** is an event run in teams of **4**.
- I know that in **competitive games**, there will be **winners** and **losers**.

### My Body

I know that a warm up increases my heart rate, which increases the amount of blood pumped around my body to my muscles.

I know that doing a cool down helps my body recover from exercise.

I know some reasons why exercise is good for my health.

### Relay

A relay change over should happen whilst you are both **moving**.



call "hand" to partner  
partner reaches back with  
palm facing up  
don't look back

place end of baton down  
into partner's hand

without looking back,  
partner receives baton

### Throwing Technique – Javelin



stand side on  
throwing arm straight  
weight on back leg

transfer weight to front  
leg  
pull javelin through

hips face forward  
pull arm high  
weight on front leg

I know the javelin uses a **pull** technique.