

### Key Knowledge

- Athletics is performed on an athletics track which is 400m in distance.
- I know the **reaction time** is important in sprint races.
- I know how to compete **fairly** and follow **rules**.

### My Body

I know that when there isn't enough oxygen reaching my muscles, my performance will be affected.

I know how to stretch to prepare my body safely for exercise.

I know which types of food are good for a healthy, balanced diet.

### Reaction Time – Sprint Starts

I know a quick **reaction** time is needed when **reacting** to a gun or whistle.



**“on your marks”**  
start in a crouch position



**“set”**  
lift the hips so they are above the head



**“go”**  
drive arms and legs forward  
gradually rise to a standing position

### Jumping Technique – Standing Triple Jump

hop phase



from a standing position  
hop on one foot  
swing arms

step phase



transfer weight from one foot to the other - step  
swing arms

jump phase



bring both legs together to jump  
swing arms  
land with both feet together – bend knees

I know the triple jump has a take off and landing phase.