

Key Knowledge

- I know that different **components of fitness** (speed, power, strength, stamina) are used in different athletic events.
- I know how to **evaluate** my own and others performance and suggest appropriate improvements.

My Body

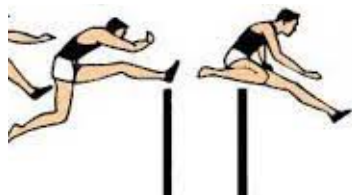
I know that **lactic acid** builds up in the muscles when there isn't enough oxygen and that lactic acid is a bi-product of exercise.

I know how to warm up and cool down safely and effectively.

I know why exercise is good for health, fitness and wellbeing.

Hurdles

I know that the hurdle events is a running event.



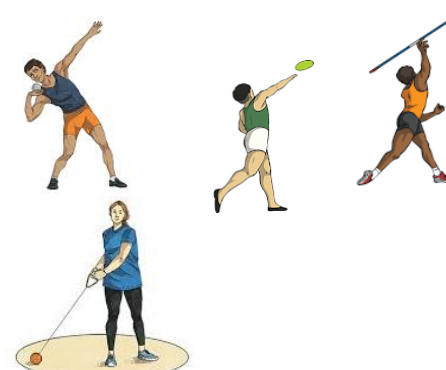
run at the hurdle
lift your lead leg (front leg)
to go over the hurdle
maintain speed

lift the trail leg (back leg)
up and out to the side
clear the hurdle

snap the trail leg back
down to the ground as
quickly as possible
maintain running speed

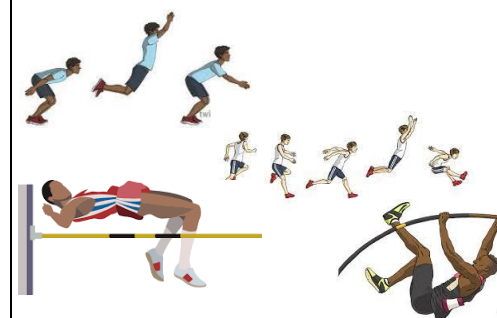
Field Events

Throwing



shot put, discus throw, javelin,
hammer throw

Jumping



long jump, triple jump, high jump,
pole vault

I know **field events** can be divided into **throwing** and **jumping**.

