

## EDSTART KNOW

- I can explain what makes an effective sprint start and why reaction time is important.
- I can describe how to use coordination and control to improve my running and jumping technique.
- I can understand how to perform different athletic movements safely and effectively.

## EDSTART GO

- I can show good reaction times and use an effective sprint start during races.
- I can perform a developed running technique for sprinting, showing rhythm, coordination, and control.
- I can demonstrate good control and balance when performing different jumping activities.

## EDSTART SHOW

- I can perform confidently in a range of athletic events, using the correct technique.
- I can show determination, effort, and focus to achieve my personal best.
- I can compare my performance and identify ways to improve my speed, distance, and control.

## Key Vocabulary

**speed, endurance,  
technique, distance,  
reaction, rhythm,  
power, precision**

## Role Models



**Usain Bolt -  
100m & 200m World  
Record Holder**



**Jessica Ennis-Hill -  
GB Heptathlete and  
Olympic Champion**

## What do we know about athletics?

Athletics is one of the oldest sports, dating back to ancient Greece, where the Olympic Games began in 776 BC. It includes running, jumping and throwing events designed to test speed, strength and endurance. The first modern athletics competitions began in the 19th century. Today, events range from sprints and relays to the heptathlon and decathlon. In the UK, UK Athletics is the National Governing Body responsible for the sport.

## In Year 4 we learnt

- to use the upper body to gain distance on the jump.
- to understand that when running for distance they must pace themselves to complete the distance set.
- to transfer their body weight from back to front to generate more power when throwing