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| Logo  Description automatically generated**Key Vocabulary** |
| **Sprint** | **Aiming**603 Basketball Free Throw Royalty-Free Images, Stock Photos & Pictures |  Shutterstock | **Relay** | **Grip** |
| **What you need to be successful?** |
| **How to run fast (sprint)** | **How to aim** | **How to pass something to a partner.**  |
| * Look forward.
* Take short steps.
* Breath in and out.
* Move your arms as you run.
 | * Look at where you are throwing.
* Point your shoulder to your target.
* Legs apart.
* Good grip of your ball.
 | * Look at your partner.
* Move slowly towards your partner.
* Pass the object to your partner.
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| **Building Blocks to Success** |

**Pictures of Skills**



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**Sprinting Technique**



**Aiming Technique**



**Passing**