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| Logo  Description automatically generated**Key Vocabulary** |
| **Dodging and weaving -** to move quickly up and down and from side to side, usually to avoid hitting or being hit by something. | Applying a **force** to the throwing object - A force acting on an object (throwing the javelin out of our hands) causes the object to start moving and accelerate away from us. | **Personal Best** - means setting a goal, doing your best, and no matter the outcome, being satisfied with the level of effort you put into achieving your goal. | **Isolation** - An isolated practice consists of focusing on one technique or skill at a time to practice and improve.**Combination** - a coordinated and effective sequence of moves. |
| **What you need to be successful?** |
| **Running for Distance** | **Jumping for Distance** | **Throwing- Push Throw** |
| * To not set off too fast, and to establish a steady pace.
* Keep to a steady running pace.
 | * Jump as far as possible from a standing position, with a two-footed take-off.
* Land on both feet.
* Bend ankles, knees, and hips.
* Keep eyes focused forward.
* Swing arms behind body.
* Straighten legs.
* Both feet leave the ground together.
* Arms swing forward and up. Land on both feet at the same time.
* Ankles, knees and hips bend to absorb impact.
 | * Spread fingers behind the object (ball, beanbag etc), which is held at the chest.
* Push the ball away from the body by extending (straightening) the arms fast.
* Transfer body weight from the back leg to front leg.
* Follow through with the arms, wrists, hands, and fingers in the direction of the throw.
* **Emphasise** the importance of applying a force to the throwing implement.
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| **Building Blocks to Success** |

**Pictures of Skills**





**Running (Distance)**





**Jumping (Distance) Technique**





**Push Throw**

