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| Logo  Description automatically generated**Key Vocabulary** |
| **Stride/s -** are a fair way short of outright sprinting. Athletes try to stride at about two-thirds of their top speed. | **Special Awareness -** Spatial awareness is, an organised awareness of the objects in the space around us, and also an awareness of our body's position in that space. | **Trajectory -** the path followed by an object moving under the action of given forces. | **Agility -** is the ability to rapidly change body direction, accelerate, or decelerate. |
| **What you need to be successful?** |
| **How to sprint successfully – acceleration.** | **How to throw a javelin successfully.** | **How to slow down my run successfully - deceleration** |
| * You need to get from one end to the other in the quickest time possible.
* Quick, light movements on your feet.
* Lean forward.
* Do not forget to pump your arms.
 | * Lean back with wide base (bow shape).
* Sidewards stance with non-throwing arm high.
* Long arm and palm.
 | * You need to slow down to either finish your run or to change direction.
* Lean back, particularly your shoulders.
* Stop pumping your arms.
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| **Building Blocks to Success** |

**Pictures of Skills**

**Acceleration**

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**Javelin**





**Deceleration**

