

Key Vocabulary

fundamental movement skills (FMS)

Fundamental movement skills are the basic movements of physical activity, such as running, jumping, throwing, catching, skipping and hopping.

FMS can help to improve performance and confidence when taking part in physical activity. This, in turn, means that you are more likely to be healthier, more physically active and achieve greater success in sports as you get older.

javelin

The **javelin** uses a pull throw technique. It involves throwing a spear for distance. The pull throw is used in many other sporting activities, including cricket, netball and handball. It is also used for a throw-in from the side of the pitch in football, although this is a two-handed pull throw.

In primary athletics, a foam javelin is thrown.

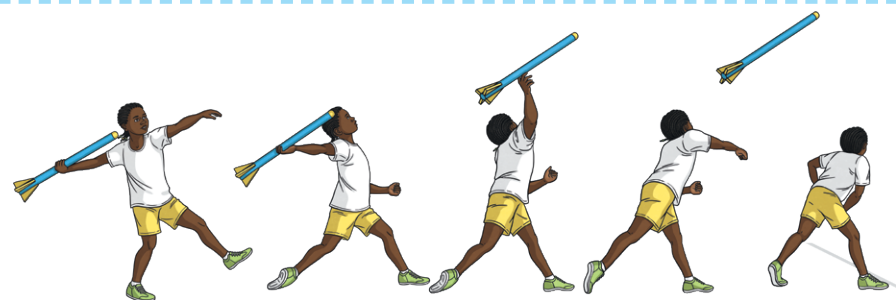
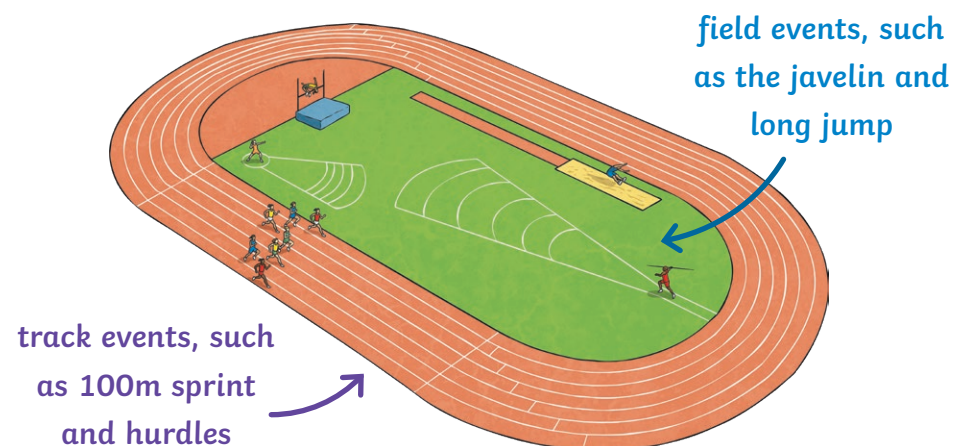
pentathlon

Combined events competitions involve an athlete competing in a range of different events over one or two days. The modern pentathlon is an Olympic sport that consists of fencing, swimming, show jumping, pistol shooting, and cross-country running.

Athletics

Athletics is a collection of running, jumping, throwing and walking events that can be organised into either track or field events.

- The track events are the running and walking events that take place on the track.
- The field events are the throwing and jumping events that usually take place on a field or similar area, as opposed to on the track.



Key Vocabulary

personal best	Personal best is the fastest time, highest score or best result that a particular person has achieved in a sporting event.
relay	Relay running involves covering a certain distance as fast as possible as a team, with each team member running a different part of the race, known as a 'leg'. The runners pass a relay baton between them.
sprint	Sprinting is running over a short distance at top speed.
standing triple jump	A horizontal jump involving a combination of a hop, step and jump from a standing position. It should be one continuous movement, trying to jump the furthest distance possible from the take-off line.

Relay

There are various techniques used to exchange the baton between team members in the relay. The technique shown below is known as the down sweep.



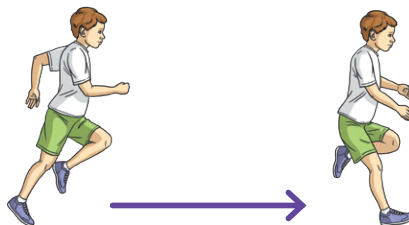
The key to a successful relay team is good **organisation**, **timing** and **communication**, to ensure there is a **smooth baton changeover** between each team member.

Usain Bolt, from Jamaica, is the fastest person ever to run the 100m!

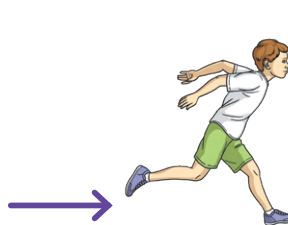


The phases of the standing triple jump

Hop phase: the athlete lands on the **same foot** that they have taken off from.



Step phase: the athlete lands on the **other foot**.



Jump phase: the athlete lands on **both feet** together.

