



Somerset Bridge Primary School
Aspire - Brave - Care - Collaborate

PE Summer: Year 4 Athletics

Sprinting

Sprinting involves covering a short distance in the fastest possible time, therefore it is important to make sure you are using the most efficient running technique.



Practise light, quick movements on the feet

Imagine you are running on hot coals! Run on the spot, bringing your knees up to make a horizontal position, making sure your feet are in contact with the ground for the least amount of time as possible.

Practise fast arms

Having fast arms is just as important as the legs when running for speed.

Stand in a space with your feet on the ground and start pumping your arms, slowly to begin with. Swing your arms from your shoulders, bending your elbows. Keep your hands relaxed. Gradually build up speed so that you are pumping your arms as fast as you can.

Key Skills

-To develop the range and consistency of skills and techniques required for running, jumping and throwing.

-To use and adapt techniques and equipment to develop performance.

-To know which parts of my performance needs to be improved.

-To know when and why speed, strength and stamina are important in athletics.

Equipment

Shot put
Hurdles
Javelin
Discus
Egg and spoon
Sack



Key Vocabulary

Rhythm	A regular pattern of sound or movement.
Preferred	A preferred event is an event you have chosen as your favourite or strongest.
Accuracy	The ability to perform movements and skills with precision.
Heart rate	Your heart rate is the number of times your heart beats in one minute.
Pulse rate	A way of measuring your heart rate.



Year 4 Sports Day Events

Sprint races

Javelin

Shot put

Discus

Long jump

Triple jump

Obstacle race

Egg & Spoon