



## WHAT SHOULD I ALREADY KNOW?

I know how to...

Throw an object at a target.

Practise rolling equipment in different ways.

Catch a ball with two hands.

Move safely around the space and equipment.

Travel in different ways, including sideways and backwards.

Run in different ways for a variety of purposes.

## VOCABULARY

Opponent	The person being played against in a competition.
Pathway	A direction of travel.
Teamwork	The combined action of a group to aid success at a particular task.
Tactics	A carefully planned action or strategy, used to help win the game.
Umpire	An official who watches over the game and enforces the rules.

## STICKY KNOWLEDGE

An overarm throw is the fastest and most accurate way to throw a ball to another player.

An underarm throw is more accurate for shorter distances.

A slower pace helps you to run further and for longer.

## WEAVING CONCEPTS



## AMAZING ATHLETES

### MO FARAH



Sir Mohamed Muktar Jama Farah CBE OLY is a Somali-born British long-distance runner and the most successful British track athlete in modern Olympic Games history. He is the 2012 and 2016 Olympic gold medalist in both the 5000 m and 10,000 m.

<https://www.mofarah.com/>

