The Acorn Partnership
Marston Montgomery Primary School
Long Lane C of E Primary School

PE – Running and Jumping – Year 3 and 4

New Knowledge:

- I know how to change my speed to run short and long distances.
- I know how to use different jumping techniques.
- I know how to run a hurdle and relay race.

Sticky Learning

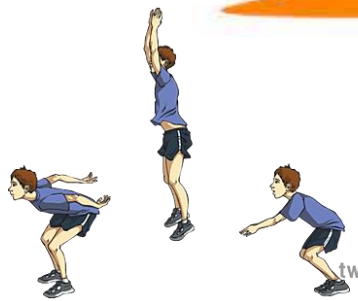
- I know how to travel with a ball with control
- I know how to throw underarm
- I know how to throw overarm
- I know the best throw for the desired distance
- I know how to dribble a ball around an area
- I know how to mark a player

Changing speed and pace to run short and long distances









Changing jumping techniques

Hurdling and relay race





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PE – Running and Jumping

Key Vocabulary

stride	A long step you take when walking or running.
sprint	Running as fast as you can for a short distance.
pace	How fast or slow you move when walking or running.
accelerate	To go faster and faster.
endurance	The ability to keep going for a long time without getting tired.
stamina	Your strength and energy that helps you keep moving for a long time.
long jump	A sport where you run and then jump as far as you can into a sandpit.
measure	To find out the size, length, or amount of something.
hurdles	A race where you run and jump over barriers.
lead foot	The foot you use first when jumping or starting a movement.
trail foot	The foot that stays behind when you jump over something, like a hurdle. It follows your lead foot.
relay baton	A stick passed between runners in a relay race.
changeover	When one runner passes the baton to the next runner in a relay.
refine	To make something better by improving small details.

The Acorn Partnership
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PE – Running and Jumping - Year 5 and 6

New Knowledge:

- I know how to change my speed and pace to run short and long distances.
- I know how to use different jumping techniques.
- I know how the correct hurdling and running technique

Sticky Learning

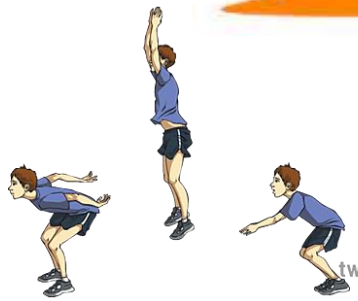
- I know how to keep control whilst dribbling
- I know how to throw underarm with control
- I know how to throw overarm with control
- I know the best throw for the desired distance
- I know how to practise all previous skills learnt
- I know how to follow instructions given to play a new invasion game

Changing speed and pace to run short and long distances









Changing jumping techniques

Hurdling and relay race



