

- Physical development: Athletics

What should I already know?

- To begin to work as a team
- Exercise is good for you and makes our heart beat faster.
- It is important to warm up and cool down.

### Key Vocabulary and definitions

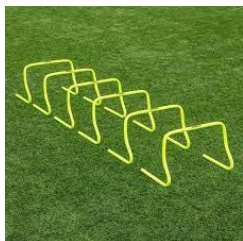
Sprinting	Running at a fast pace.
Baton	In athletics or track events, a baton is a short stick that is passed from one runner to another in a relay race.
Hurdles	In a race a runner races over a series of obstacles called hurdles, which are set a fixed distance apart.
Javelin	The javelin throw is a track and field event where a javelin is thrown - aiming to reach further than the other competitors.



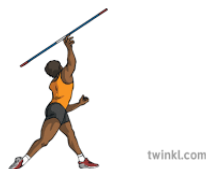
Long jump



Sprinting start position



Hurdles



Javelin

### Facts.

- Athletics is a name for various sports that test speed and strength.
- A person who takes part in an athletics competition is called an athlete.
- Track events are running and walking races.
- Field events are jumping and throwing contests.