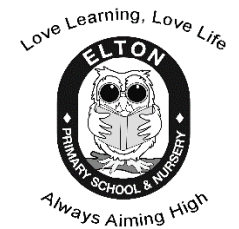


Key vocabulary

running	jumping
throwing	control
distance	catching
space	possession
speed	opponent



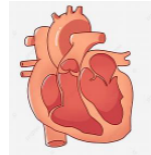
PE – Year 1 Athletics



Your **hands** help you to stop and start at speed, and run in straight lines at different speeds.



Your **heart** helps you to improve your performance.



Your **head** suggests links between different types of exercises.



How can we pick up speed? Which parts of our body helps us to run?



speed	the ability to move all or part of the body as quickly as possible
possession	when you have control of the ball
control	keeping the ball close when dribbling
opponent	a player on the other team
space	an open area on the pitch