

Year 5 Merlins

PE

Summer 1

Athletics and Rounders

Triple Jump:

Hop- Must take off and land on same foot, drive knee upwards and forwards. **Step-** Must land on opposite foot. As far as you can to gain distance. **Jump-** Must land two feet. Jump forward and drive hands forward.

Pattern is one foot to the same foot, to the other foot, to two feet (same, other, both).



Shot Put:

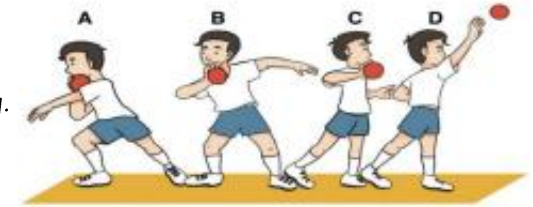
Stand sideways on to the direction of the throw. Place the shot put into your neck with your elbow high. Turn your back toe away and bend your back leg.

A: Check that your chin, knee and toe are in line

B-Transfer your weight from your back leg to your front leg.

C-Quickly turn your hips and chest to face the direction of your throw.

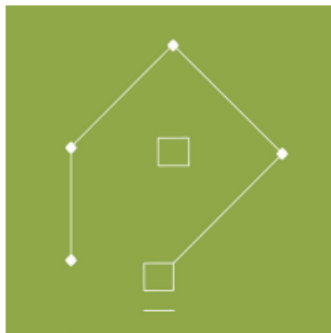
D-Push the shot put high and follow through with your hand.



	Key Vocabulary	Definition
Athletics	baton	A hollow cylinder carried by each member of a relay team, passed to the succeeding runner.
	jumping	Technique to propel the body into the air to either cover distance, height or both.
	relay	An event in which four runners work as a team to reach the finish line.
	running	An action to move quickly with the correct technique, using arms and legs effectively.
	throwing	To propel an object through the air as far as possible.
Rounders	triple jump	A jump technique involving hop, skip and jump.
	accuracy	To be able to throw the ball in the direction that you want it to go.
	bowler	The player who bowls the ball.
	donkey drop	A type of bowl that goes high and drops suddenly.
	Fielder	Team member who retrieves the ball and tries to prevent the other team scoring.
	obstruction	When a fielder gets in the way of the batter as they are running around the rounders pitch.
	rounder	Point scored during the game.
spin	To make the ball twist as you bowl it.	

Rounders Pitch:

Rectangular in shape with batter and bowler to stand. There are four posts which batters must run around to score a rounder.



Batting Technique:

Hold the bat high in one or both hands. Make sure your wrist and grip are strong. Keep your eye on the ball. Stand side-on to the bowler. Swing through the ball. Stamp forwards into the move to gain power; transfer weight from back to front foot as you move.

