|  |  |
| --- | --- |
| JB’s Holiday Activities  Yr 3 and 4 Athletics  Name …………………………………….  Class……………………………………… | How much can you remember about Athletics?  Q1) When sprinting, where should you look at all times?  ……………………………………………………………………………………………………  Q2) How would your technique change from running in a short distance to a long distance race?  ……………………………………………………………………………………………………  Q3) Name the two different types of jump we’ve learnt?  ……………………………………………………………………………………………………  Q4) What are the phases of a triple jump?  …………………………………………………………………………………………………  Q5) Name three Olympic throwing events?  ……………………………………………………………………………………………………  Q6) What part of your body rotates when throwing?  …………………………………………………………………………………………………. |
|  |  |
| Can you try the following?   1. Can you perform your longest standing long jump and record in steps? Distance…………………. 2. Can you perform your longest combination jumps (maximum 3 combinations) and record in steps? Distance……………………. 3. Can you perform a racing start from a low position 10 times? 4. Can you run at the same speed without stopping for 3 minutes? 5. Can you perform your longest overarm throw and record in steps? Distance…………………….   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  My …………………………………………… helped me try these challenges in the holiday.  Adult Signature …………………………………………………………………….. | Can you complete this medal? |
|  |  |
|  |  |