|  |  |
| --- | --- |
| JB’s Holiday ActivitiesYr 3 and 4 AthleticsName …………………………………….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? |
|  |  |
|  |  |