

Physical Education: Core Questions & Vocabulary

Year Group: 7

Composite: Athletics

Composite number: 5/6 of 6

Core Questions	
1	What is the correct sprinting technique?
2	Why is it important to use the correct sprinting technique? How can it give an advantage?
3	What components of fitness are most important for sprinting? and why?
4	What is the correct sprint start technique? and why is it important?
5	Why is long distance running technique so important?
6	Why is a standing start used for middle distance races?
7	What is 'pacing' and why is it important in middle/long distance running races?
8	What components of fitness are most important in middle/long distance running? and why?
9	How can we generate power when jumping?
10	Why is the landing so important in long jump/ triple jump?
11	What components of fitness are important in jumping events? and why?
12	How can we generate power when throwing?
13	How can we make sure we do not record a 'no throw'?
14	Why is speed important in all events?
15	Describe the 'upsweep and down sweep' baton change over techniques
16	What must happen at each baton change over to ensure the baton does not slow down?
17	What do you need to do to be a successful team?
18	How do we ensure times and measure are recorded accurately?
Core Vocabulary	
1	Sprinting
2	Pacing
3	Acceleration
4	Aerodynamics
5	Power
6	Speed
7	Cardiovascular endurance
8	Teamwork
9	Reaction time
10	Accuracy
11	Millimetres/Centimetres/metres/seconds/minutes

12	Baton
----	-------