



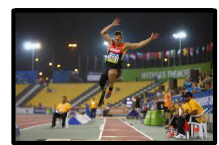
## Athletics

### Run/Sprint



- Sprint from a standing start
- Perform in a relay
- Improve stamina
- Extend my stride
- Run for longer with better stamina

### Jump



- Jump from a standing position
- Jump further

### Throw



- Improve my throwing technique
- Throw further
- Throw straighter with better accuracy
- Throw a shot using a bean bag.

### Skip



- Travel forward while skipping

## Rounders

### Catch



- Catch overarm throws
- Demonstrate correct technique
- Put my hands together and close them around the ball
- Cushion the impact in my hands.

### Throw/Bowl



- Throw overarm and underarm
- Accurately aim at the batter.

### Bat



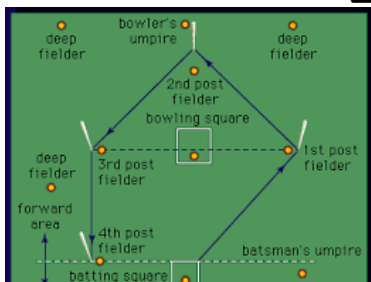
- Set up to be ready to hit the ball.
- Use my dominant hand to hit the ball.
- Swing through and hit the ball where I am aiming.

### Rules



- 9 players
- 4 bases
- 1 bowling team, 1 batting team

- Set up fielders, bases, batting/bowling boxes and back stop.



THINK IT.



LIVE IT.



BELIEVE IT.

### Vocabulary

Sprint  
 Skipping  
 Standing Long jump  
 1 and 1/2 Rounder  
 Penalty  
 obstruction