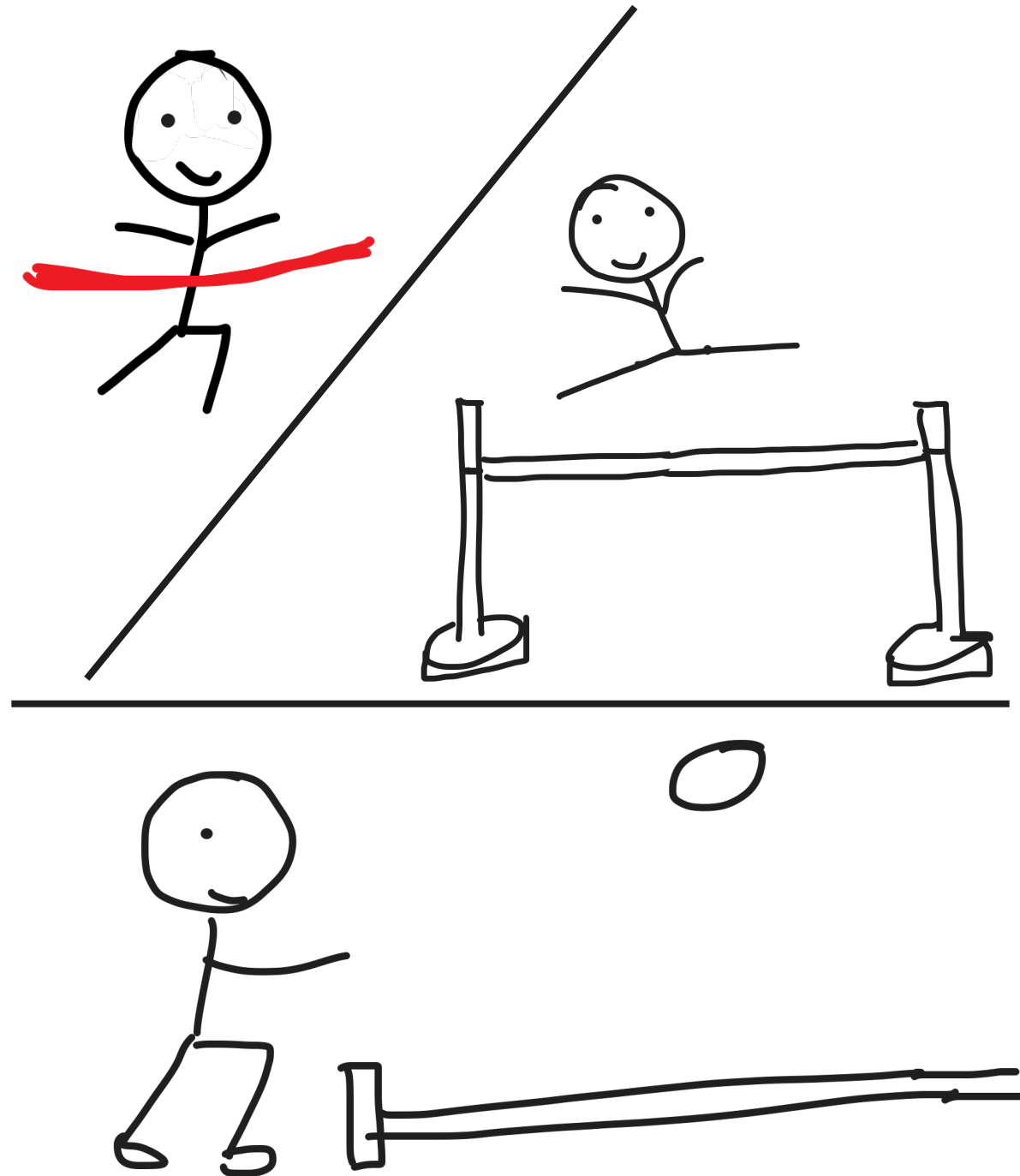




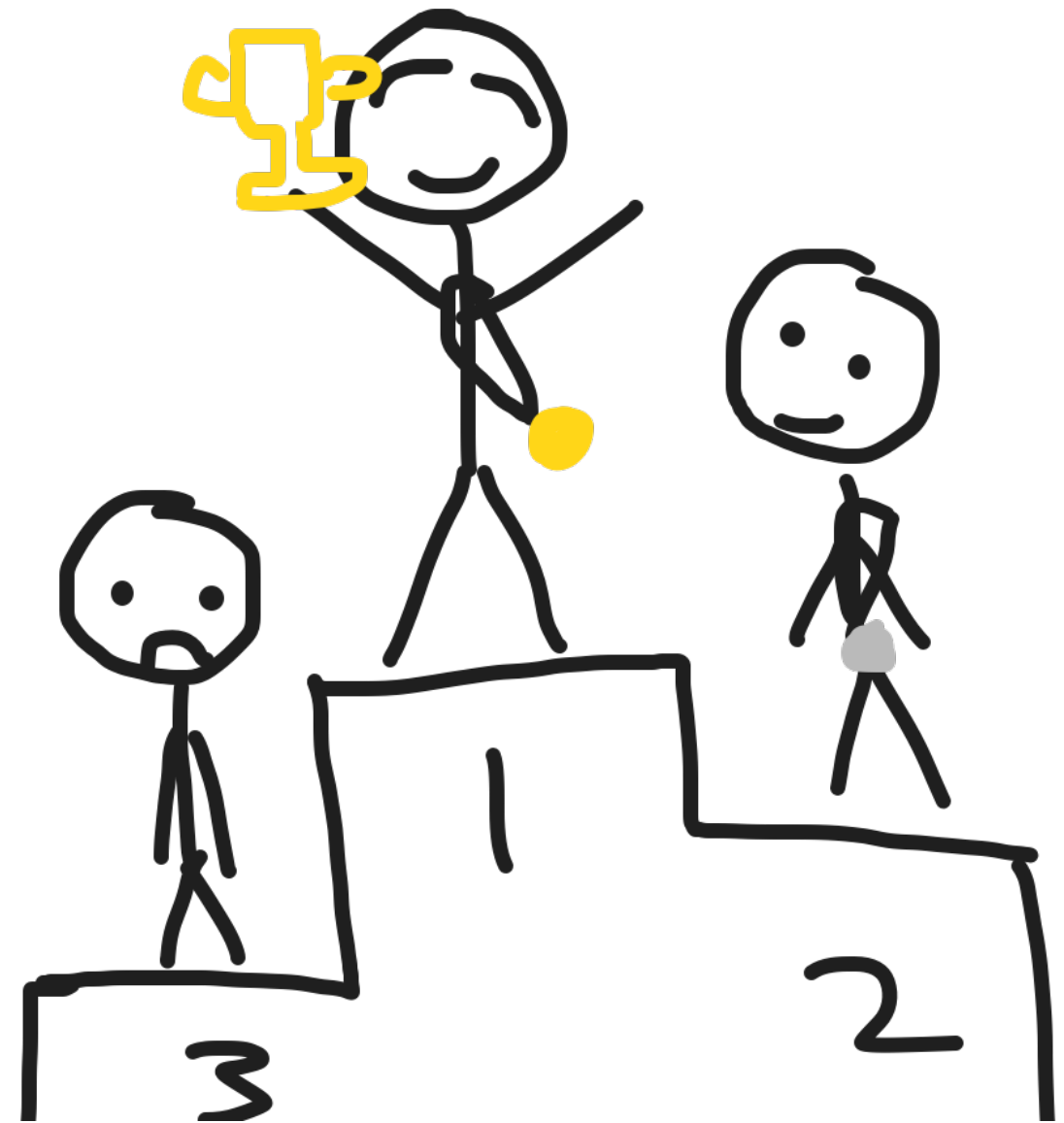
P.E formative
assessment



IN THIS UNIT I LEARNED HOW TO
JUMP HIGHER, RUN FASTER AND
THROW FURTHER.



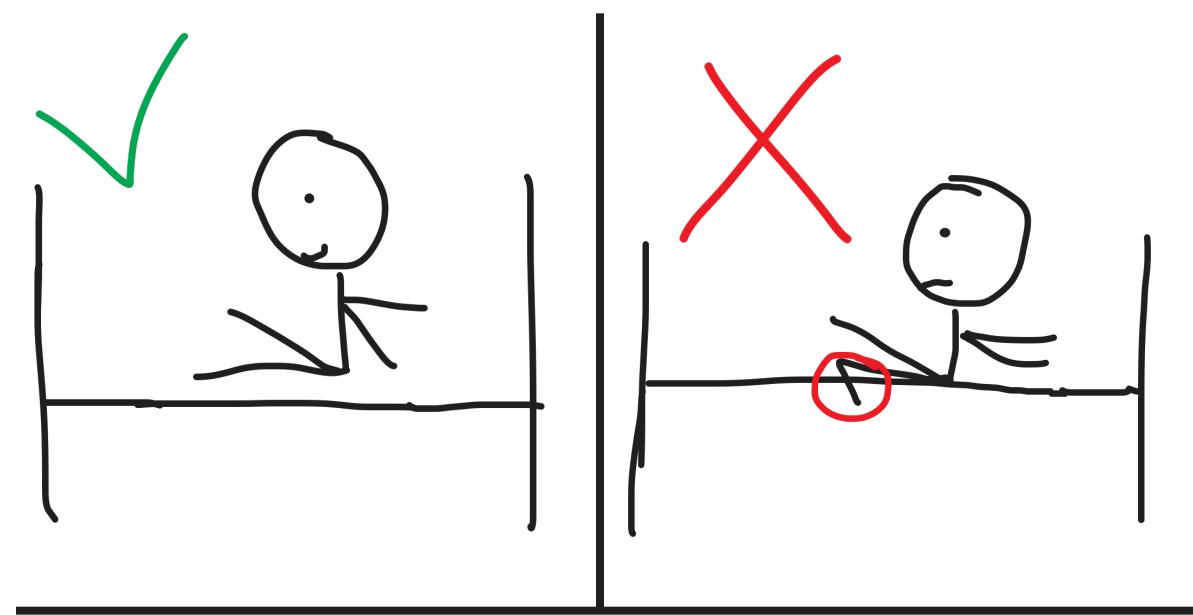
OUR CENTRAL IDEAS IS: SUCCESS IN ATHLETICS
REQUIRE IN CAREFUL PLANNING AND PRACTICE,
EFFECTIVE REFLECTION SKILLS AND ABILITY TO OVER
COME ADVERSITY



High jump

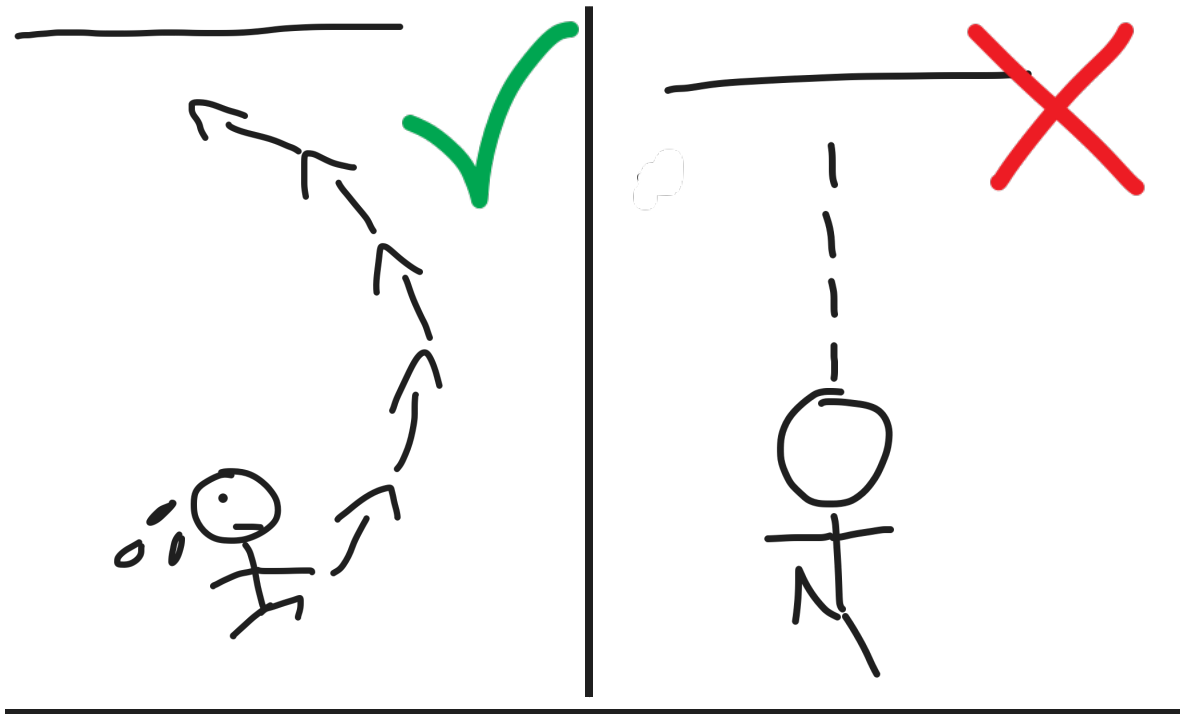
High jump is one of the sports I choose to do for athletics day.

The way to jump is first run in a curved way, then you cannot slow down and you must jump a scissor kick, over the bar. You cannot bend your knee, if you do you might have your feet hit the bar and fail to jump over it.



As you can see in the pictures, on the left side it shows you how to do it correctly, and the right side shows you the bad example.

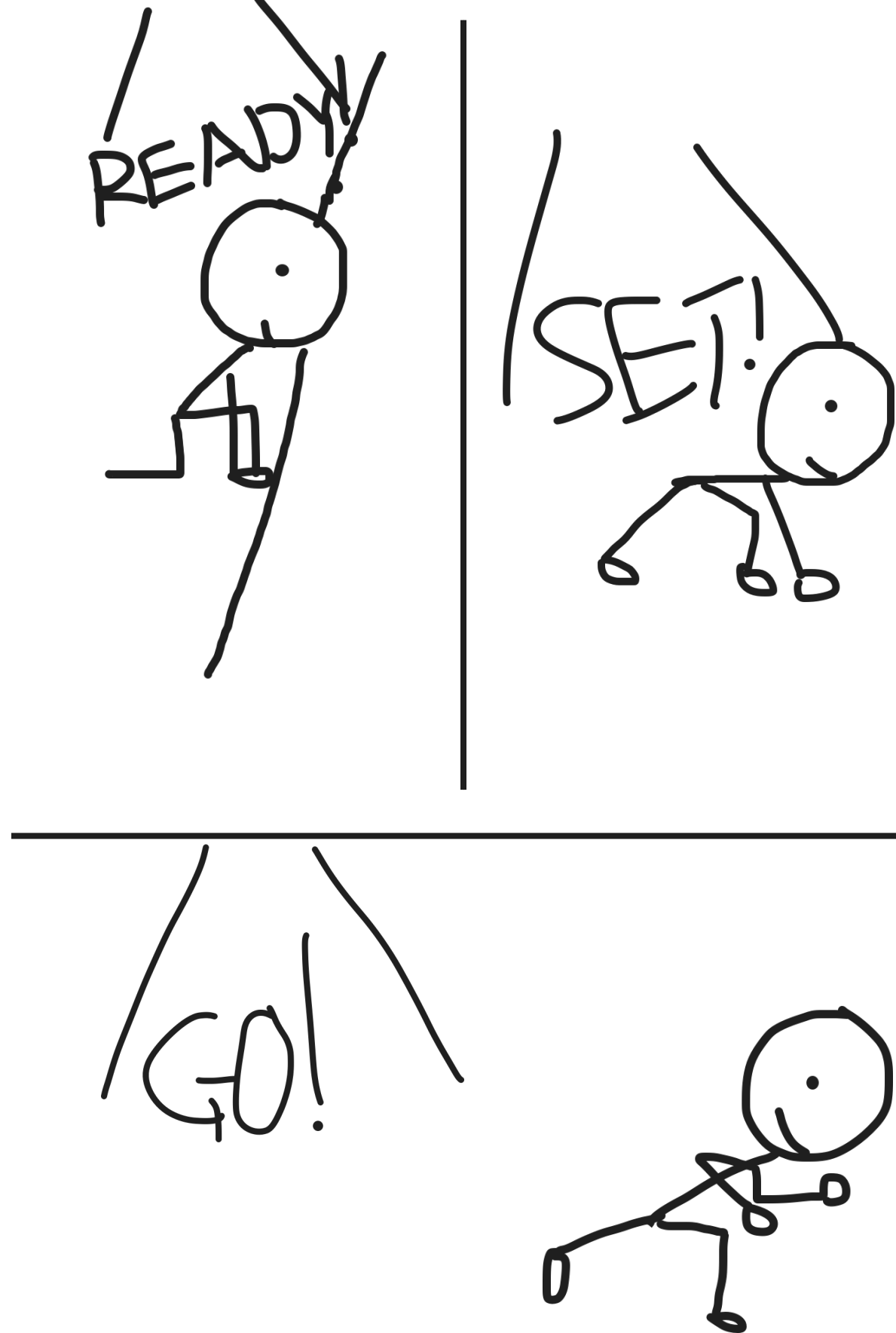
To look at the next sport, flip the page!



50 meter run

Another event I choose for athletics day is the 50 meter run.

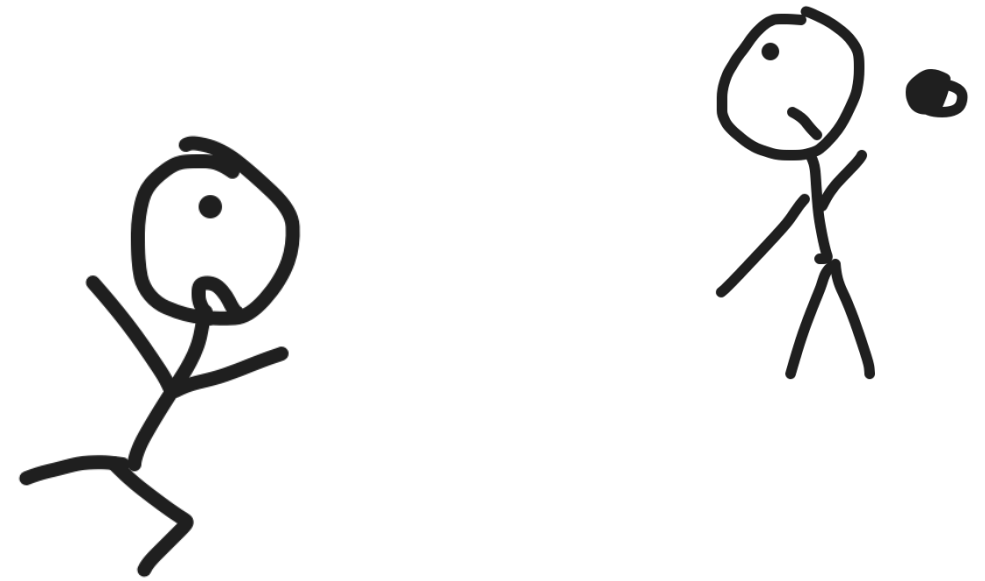
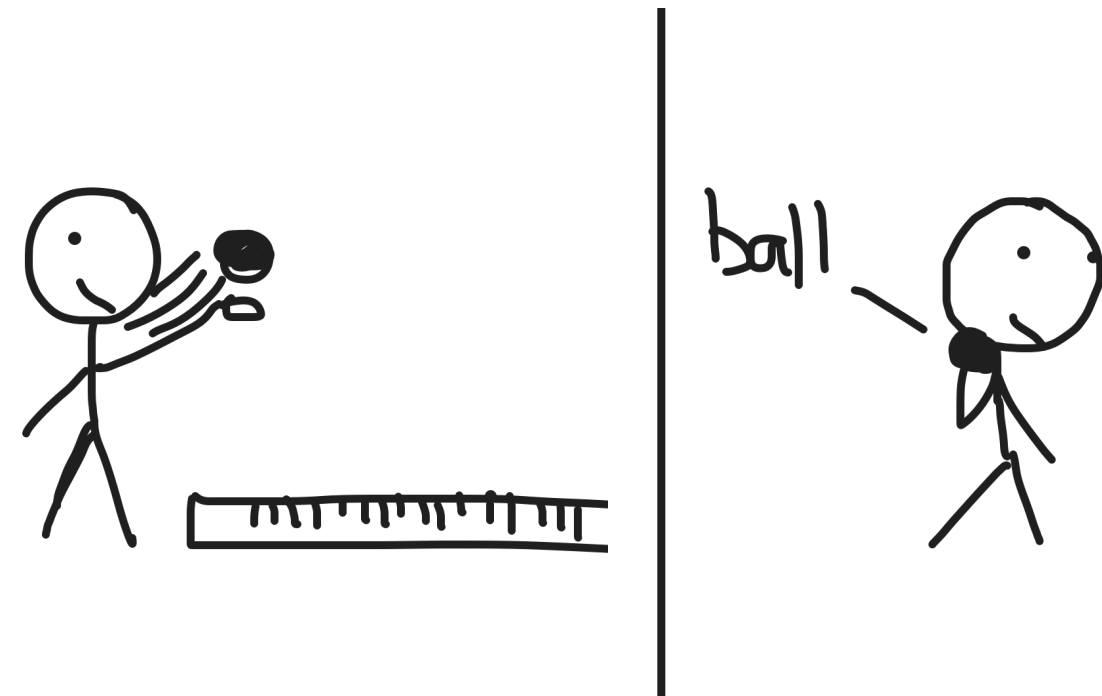
The way to run is first kneeling on the ground, and put one of your feet in front of you and your other foot behind on the starting block, and don't forget to put your hand behind the line! Now somebody started shouting, "READY! SET!" When somebody says "set" you need to lift up your hips. "AND GO!" Now you start running but you need to keep your head Down at the first ten meters.



Shot Put

My last sport is Shot Put a throwing sport.

There are a way to play Shot Put first you need a ruler to put along the floor, then you need to hold the ball near your chin and then you need to throw it, at last you need to look at where the ball landed and look for that place on the ruler.



THE END!

