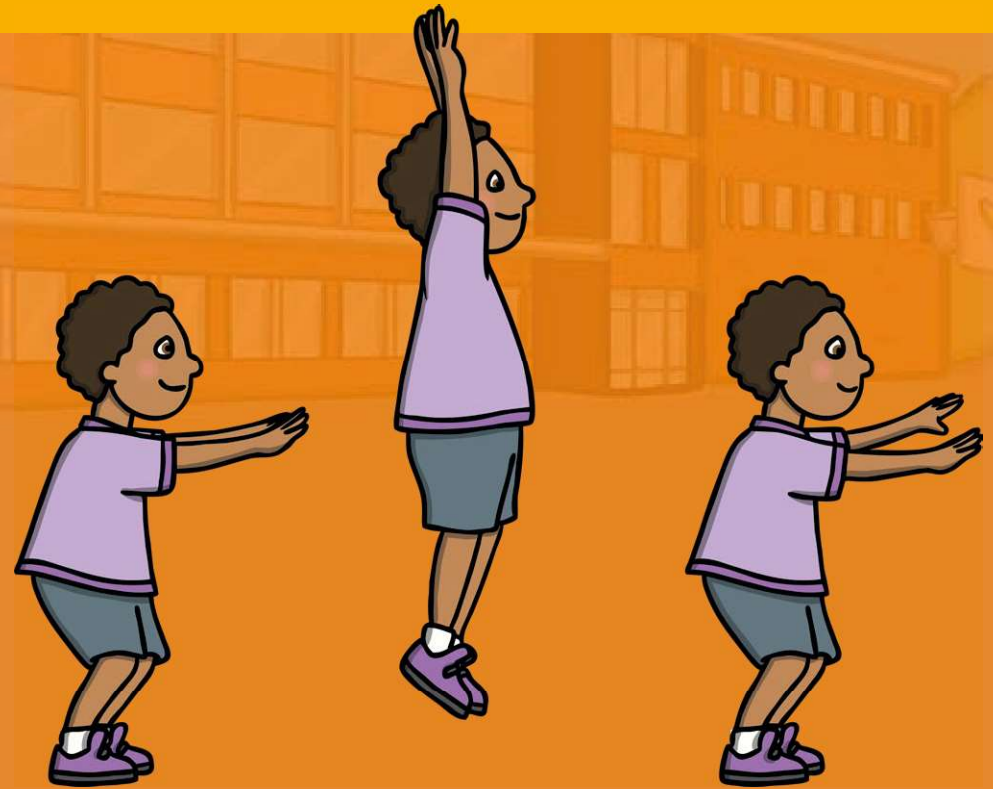


Y1 Running and Jumping Glossary



Hh	
Hop	To jump, taking off from one foot.
Jj	
Jog	To run at a steady, gentle pace over a longer distance.
Ll	
Land/landing	To come down through the air and rest on the ground.
Long jump	Athletic event where performers jump the longest distance possible.
Pp	
Pathway	A direction of travel, for example moving in a straight line, or a curved line when moving around a running track, etc.
Ss	
Sequence	An order of movements that follow each other.
Skip	To jump with a hop, but taking off on one foot and landing on the other.
Sprint	To run at full speed for a short distance.
Tt	
Take off	The beginning of a jump at which point you launch off from the ground and become airborne.
Triple jump	Athletic event where including a hop and a skip before a jump take-off.

