

## Mobility

### Thinking YOU (HEAD)

#### KEY VOCABULARY:

Roll, move, shuffle, push, step, over, walk

**Athletics**— Running, Track events (hurdles), long distance running i.e. 1500m



## Dexterity

### Thinking YOU (HEAD)

#### KEY VOCABULARY:

Reach, touch, look, grasp, release, grip, point, move, let go, drop, open your hand, push.

**Athletics**—releasing objects (relay baton), Push (shot putt)



## Striking and Kicking

### Thinking YOU (HEAD)

#### KEY VOCABULARY:

Striking: Push, hit, knock, strike. Kicking: Kick, push, hit, knock.

**Athletics**— throwing events (javelin, discuss, hammer)



### Physical YOU (BODY)

- To participate in physical activity linked to Athletic events.
- To participate in events linked to mobility, dexterity, striking and kicking.
- To enjoy physical activity.

### Social YOU (HEART)

Encourage young people to:

- Select own music.
- Select own activities.
- One activity/movement at a time.
- Support each other.



Special  
Olympics  
Great Britain