

Year 3 Athletics

Curriculum Link:

To use running, jumping, throwing and catching in isolation and in combination to develop flexibility, strength, technique, control and balance [for example, through athletics]
To compare their performances with previous ones and demonstrate improvement to achieve their personal best

Key Information	Learning	Key PE Skills
Unit	Previous Learning	Competing and Performing
<p>Subject Name: PE Year Group: 3 Term: 3 (H2) Unit Name: Athletics</p> <p>Spiritual Development Through the study of Physical Education, children will develop an understanding of the importance of physical health and how this can promote positive emotional development. “I say this because I know what I have planned for you,” says the Lord. “I have good plans for you. I don’t plan to hurt you. I plan to give you hope and a good future.”</p> <p>Jeremiah 29:11</p>	<ul style="list-style-type: none"> • To develop the sprinting action. • To develop jumping for distance. • To develop technique when jumping for height. • To develop throwing for distance. • To develop throwing for accuracy. • To select and apply knowledge and technique in an athletics carousel. 	<ul style="list-style-type: none"> • Compete against self and others in teams and individually in a controlled manner in a range of competitive activities.
Big Ideas	Year 3 Learning	Health and Fitness & Preparation

Take part in athletic activities to; develop running, jumping, throwing and catching skills in isolation and combination; develop flexibility, strength, technique, control and balance; and evaluate and improve their performance.

- To develop the sprinting technique and improve on your personal best.
- To develop changeover technique in relay events.
- To develop jumping technique in a range of approaches and take off positions.
- To develop throwing for distance and accuracy.
- To develop throwing for distance in a pull throw.
- To develop officiating and performing skills.
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- Recognise and describe the effects of exercise on the body and begin to link this to why it is important to warm up and cool down.
- Explain why exercise is good for your health, including strength and flexibility.

Key Information	Learning	Key PE Skills
Vocabulary	Future Learning:	Evaluation and Communication
athlete relay baton sprint pace hurdles long-jump triple-jump push-throw pull-throw	<ul style="list-style-type: none"> To develop stamina and an understanding of speed and pace in relation to distance. To develop power and speed in the sprinting technique. To develop technique when jumping for distance. To develop power and technique when throwing for distance. To develop a pull throw for distance and accuracy. To develop officiating and performing skills. 	<ul style="list-style-type: none"> Watch or describe performances of themselves and others - linking that to what to keep the same for next time and what to improve for next time and offer some improvements to others. Use communication skills to illustrate what they are doing and begin to respond to others.

Glossary

- Baton:** A short stick or tube passed from runner to runner in a relay race.
- Bell Lap:** The final lap in a distance race, signalled by the ringing of a bell.
- Competitive:** The act or process of trying to get or win something others are also trying to get or win.
- Decathlon:** An athletic competition combining 10 track and field events.
- Discus:** A heavy disk thrown in discus.
- False Start:** Failed start of a race, usually caused by a runner moving forward before the race has begun.
- Field:** Events in athletics that involve throwing, jumping and vaulting.
- Hammer:** A 16-pound metal ball attached to a wire for throwing in an athletic contest.
- Heptathlon:** An athletic competition combining 7 track and field events.
- High jump:** Sport in which competitors jump over a bar that is raised.
- Lap:** One circuit of a running track or a racetrack.
- Long jump:** An athletic event in which competitors jump as far as possible along the ground in one leap.
- Pole-vault:** An event in which competitors vault over a high bar with the aid of an extremely long, flexible pole.
- Relay:** Race between teams of runners in which each team member in turn covers part of the total distance.
- Shot put:** An athletic contest in which a very heavy metal ball is thrown as far as possible.
- Sprint:** A short, fast race run over a distance of 400 metres or less.
- Tactics:** Methods and plans that players and teams use to increase their chances of winning.
- Track and Field:** Sporting events based on the skills of running, jumping and throwing.
- Triple Jump:** An event in which competitors leap as far as possible by performing a hop, a step and a jump.