

PE Year 3 Athletics Summer 2

National Curriculum subject content:
<ul style="list-style-type: none"> ✓ Use running, jumping, throwing, and catching in isolation. ✓ Develop flexibility strength technique control and balance. ✓ Compare their performance with previous ones and demonstrate improvement to achieve personal best.
National Curriculum theme:
<ul style="list-style-type: none"> ✓ Athletics



Key Vocabulary:	
Distance	How far
Sprint	Run over short distance at top speed
Steady pace	Continuous speed
Accuracy	Correct position/ location
Leading leg	Leg leading forwards greater than the other
Overarm	Throw from over body
Underarm	Throw from lower body
Stamina	Ability to sustain physical effort
Obstacles	Object to get over
Release	To let go
Relay	A group of people switching places to run a distance
hurdles	Object to jump over
Stance	Correct ready body position
Speed	How fast or slow
Trail leg	Leg that follows lead leg

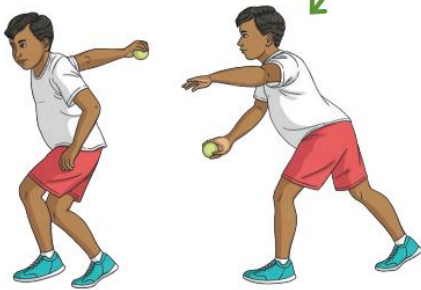
Sequence of Learning:					
Objectives (key knowledge):					
To learn to jump in different directions.	To learn to improve running techniques at different speeds.	To learn to use a range of throwing actions including under and over arm.	To learn to hit a target using different throwing techniques.	To learn to combine running and jumping skills.	To compete with others and aim to improve my personal best.
Key events timeline and Fundamentals					
Speed bounce long jump Standing long jump Personal best Stamina Accelerate or decelerate. Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions.	Short distance and relays Long distance Short distance Relay Arm swings/ pace Agility the ability to rapidly, accelerate or decelerate.	Throwing activities Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination	Throwing activities Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination	Hurdles Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination	Mini athletics Intra event Self-assessment/ peer assessment Agility the ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination

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underarm throw

The **underarm throw** is used for short distances and is more accurate than the overarm throw. It involves a backward-forward swing of the arm and hand to release the ball.



Phases of the standing long jump

The **take-off** is the part of a jump when the athlete prepares to lift off the ground.



The **flight** is the part of a jump when the athlete is off the ground and in the air.



The **landing** is the part of a jump when the athlete arrives back on the ground.

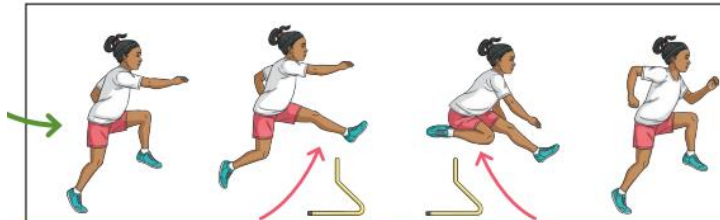


hurdlng

Hurdling is a track event that involves running and jumping over obstacles at speed. The obstacles or barriers are known as **hurdles**.

overarm throw

The **overarm throw** is a skill most commonly used in sports when throwing for distance. Variations of the overarm throw are used in the javelin in athletics, and in ball games, such as basketball, cricket and netball.



The **lead leg** is the leg that clears the hurdle first when hurdling.

The leg that follows the lead leg over the hurdle is called the **trail leg**.

sprint

Your leg action is the way in which you move your legs when sprinting. An effective leg action for sprinting involves light, quick movements on the feet and using high knees.

Your arm action is the way in which you move your arms when sprinting. Arms should be bent and pumping to help gain maximum speed when sprinting.



standing long jump

A **standing long jump** is a two-footed horizontal jump from a standing position.