

P.E.

Year 3 – Athletics



About this Unit

All events within athletics are forms of running, walking, jumping or throwing.

You will learn the following athletic activities: long distance running, sprinting, triple jump, discus and shot put

Knowledge & Skills

Knowledge:

Leaning slightly forwards helps to increase speed. Leaning your body in the opposite direction to travel helps to slow down.

If you jump and land quickly it will help you to jump further.

The speed of the movement helps to create power. So, moving from slow to fast will help you to throw further.

Skills:

I am developing jumping for distance.

I can take part in a relay activity, remembering when to run and what to do.

I can throw a variety of objects, changing my action for accuracy and distance.

I can use different take off and landings when jumping.

Golden Threads

Motor competence – Manipulate objects

- sprint
- jump for
- distance
- push throw
- pull throw

Healthy participation

How will this unit help your body?

agility, balance, co-ordination, speed, stamina, strength

Rules, strategies and & tactics

Jumping events

Performers must take off before the line. Jumps are measured from the take-off line to the body part closest to the take-off line that touches the ground.

Throwing events

Throws must be taken from behind a throw line. Throws are measured from the throw line to where the object first lands

YEAR 3	YEAR 4	YEAR 5	YEAR 6
I am developing jumping for distance.	I can demonstrate the difference in sprinting and jogging techniques.	I can choose the best pace for a running event	I can perform jumps for distance using good technique.
I can take part in a relay activity, remembering when to run and what to do.	I can jump for distance with balance and control.	I can perform a range of jumps showing some technique.	I can select and apply the best pace for a running event.
I can throw a variety of objects, changing my action for accuracy and distance.	I can throw with some accuracy and power to a target area.	I can show control at take-off and landing in jumping activities.	I can show accuracy and good technique when throwing for distance.
I can use different take off and landings when jumping.	I show determination to improve my personal best.	I show accuracy and power when throwing for distance.	I use different strategies to persevere to achieve my personal best.

Key vocabulary

Baton: equipment used in a relay event.

Relay: a team of runners take turns to move the baton from start to finish.

Speed: how fast you are travelling.

Strength: the amount of force your body can use

Technique: the action used correctly.