

Year 3 Term 1  
**PHYSICAL EDUCATION**  
**Athletics**



**National Curriculum Links:**

Use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].

**Essential Prior Learning:**

Understand how body strength can change the distance when an object is thrown.  
 Aim and throw an object into a contained given space (e.g. hoop) using an underarm throw.  
 Vary running speeds, differentiating between jogging, sprinting and running.  
 Begin to link running and jumping movements together e.g. short run into a jump: one foot to two feet.

**Progression in Skill:**

Throwing:  
 Use a push technique to throw (shot put).  
 Use knowledge of overarm throwing to throw a javelin using pull technique.  
Running:  
 Run at own pace according to distance, e.g. be able to complete a circuit of the track.

Use all parts of the body to run, e.g. arm movements.

Jumping:

Break jumping down into three stages: take off, flight, landing; demonstrate control in each.  
 Explore jumping in different combinations for distance, hop, skip and jump.  
 Recognise personal limits and challenge yourself within these.

**Long-term Memory Knowledge:**

Explain the difference between a 'pull' and a 'push' throw, knowing which to use with a shot put and a javelin; demonstrate both.  
 Explain why a runner may vary their pace, according to the distance they are running; relate this to decisions you make about the pace you will run at.  
 Know how the whole body contributes to efficient running.  
 Name the three parts of a jump and demonstrate these as one movement.  
 Experiment with different combinations of jumps and talk about using these to jump further.  
 Understand that everyone has different limits and how people can extend these by setting small challenges.

**Key Vocabulary**

<b>Throw</b>	to send something like a ball or beanbag through the air using your hand
<b>Overarm throw</b>	a strong throw where your arm goes up and over your shoulder
<b>Pace</b>	how fast or slow you move when running or throwing
<b>Control</b>	moving your body in a careful and steady way, so you aim or throw accurately

**Progression in Resources:**

Javelin, shot put

**Relevance**

<b>Now</b>	Children explore and become comfortable with basic movement skills in throwing, running, and jumping. Children develop a positive attitude towards physical activity as a way to get active, have fun, stay healthy and learn new skills.
<b>Future</b>	Children join an athletics club or practice with their friends.
<b>Aspiration</b>	Compete or become a coach or sports leader.