

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). When throwing a shot putt, it rests in the finger tips (not the palm) and tucked into the side of your neck; stand sideways on and bend your knees; keep your elbow high, push the shot into the sky. Use knowledge of overarm throwing to throw a javelin using pull technique.

When throwing a javelin, stand sideways on, looking in the direction you are throwing; hold the javelin back behind the body with a straight arm; arm pulls through fast and last.

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.

When running, using the whole body, rather than relying solely on legs, makes running more efficient. Roger Bannister was the first person to beat the four-minute mile.

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.

The triple jump is a hop, a step and then a jump, landing with two feet, swinging the arms forward and bending the knees when jumping.

For the long jump, jump with two feet, swinging the arms, bending the legs and pushing from the toes.

Be able to manage failure.

Celebrate personal successes and those of others.

Begin to recognise what my own personal best may look like.

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

throw	to send something like a ball or beanbag through the air using your hand
overarm throw	a strong throw where your arm goes up and over your shoulder
pace	how fast or slow you move when running or throwing
control	moving your body in a careful and steady way, so you aim or throw accurately

Progression in Resources:

Javelin, shot put

Relevance

Now	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.
Future	Children join an athletics club or practice with their friends.
Aspiration	Compete or become a coach or sports leader.