

Caroline Haslett Primary School - PE

Topic: Athletics

Year 3

<p>Knowledge</p> <ul style="list-style-type: none"> • Understand that speed is vital to success when sprinting or throwing an object. • Know and evaluate different techniques when throwing, jumping and running. • Know how to pass and receive a baton effectively. • Learn different techniques when throwing, jumping and running, evaluating their effectiveness. • Know how to cooperate with others, developing techniques. • Know how to support peers, developing confidence and determination. 	<p>Vocabulary</p> <p>Acceleration How quickly an athlete can increase their speed over a distance</p> <p>Accuracy The ability to control where an object is thrown</p> <p>Change Over Where two athletes from the same team pass a baton between one another while running as fast as possible</p> <p>Distance The length of a space between two points.</p> <p>Speed The ability to move all parts of the body as quickly as possible.</p> <p>Tactics Are a carefully planned set of actions that are used by a team or individual to attain a certain goal.</p> <p>Relay A running race where members of a team take turns to complete parts of a race.</p>
<p>Activities</p> <p>Acceleration races Tik tak relays Throwing competition Jumping competition</p>	
<p>Skills</p> <ul style="list-style-type: none"> • Change speed and direction when running, throwing and jumping. • Link running, jumping and throwing. • Choose when to run and when to jump. • Select the most effective throwing technique to ensure accuracy and distance. • To increase speed over a distance running as fast as possible, starting from a stationary position. • To control where an object is thrown. • To pass and receive the baton, from one person to another, without dropping or throwing. 	

- Collaborate effectively with others, encouraging and supporting them.

Whole School Progression

Year One	Year Two	Year Three	Year Four	Year Five	Year Six
Run and stop with some control	Run at different speeds	Change speed and direction, link running and jumping and throw accurately	Throw with accuracy and power towards a target	Increase running and jogging distance with correct techniques	Sustain and maintain running speed, throwing distance and jumping distance
Start to show balance and coordination when changing direction	Jump with accuracy	Choose when to run and when to jump	Understand and show the difference between sprinting, running and jogging	Talk through the differences in techniques between short, middle and long distance,	Choose pace for running and continue that throughout event
Jump, leap and hop with some control	Use different techniques when throwing	Select which throwing technique is used for accuracy and distance	Can jump for distance and height	throwing for distance and jumping for height and distance.	
Use underarm and overarm throws towards a target					