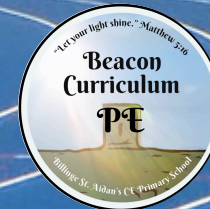


Year 3 - Athletics - HT1



Prior Learning: In year 2, children practiced their running, jumping and throwing skills. They threw various objects and started to think about how they stand. They jumped in various ways, including 2 feet to 2 feet (the beginning of a standing long jump) and measured these. They also worked in teams to take part in events. They began to compete against themselves and others in races and fun games.

Physical Me

- **Running** - Sprint (50m)
 - Relay
 - Hurdles
- **Throwing** - Javelin/vortex
 - Shotput

- **Jumping** - Standing long jump
 - Standing Triple jump (**hop, step, jump**)
 - **Striding**

- **Balance, Co-ordination, Power, speed, flexibility, agility**

Key Skills

Thinking Me

- Recalling information
- Decision making

Value Me

- Perseverance
- Teamwork

Social Me

- Encourage others
- Communication



Athletic Events

Track Events:

- 100m sprint
- 200m sprint
- 400m sprint
- 800m middle distance
- 1500m middle distance

Field events:

- Javelin throw
- Long Jump
- Triple Jump
- Shot put
- Discus
- High Jump



Key Vocabulary

Focus

Accelerate

Competition

Triple Jump

Relay

Improve

Shot put

Power

Hurdle

Key Knowledge

Accelerate (running) - Acceleration is the transition from standing still, to top-end speed

Standing Long Jump- Jumping two feet to two feet

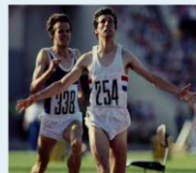
Standing Triple jump- Hop, Step and a Jump

Shot put - Event involves pushing rather than throwing the shot (heavy ball)

Inspirational Athletes

Sebastian Coe

Sebastian Coe is one of the finest middle distance runners the world has ever seen. He is a British athlete, who won four Olympic medals and set eight world records in middle-distance running.



I can statements	✓ X
Begin to perform 'FAST' technique	
Throw a javelin/vortex using correct stance, rotating hips forward	
Perform a hop, step and jump (standing triple jump) in isolation and in combination	
Develop running for distance In warm ups	
Develop relay change over techniques	
Run and take off over obstacles at some speed	

Anything else you have learnt? What have you enjoyed?