

National Statutory Requirements

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Series of Lessons

- Develop sprinting techniques
- Develop endurance and long distance running techniques
- Develop standing long jump techniques
- Develop throwing techniques (javelin)
- Develop throwing techniques (shotput)
- Set a Personal Best

PE



Athletics

Year 3

Unit Outcome

Children will learn different running and jumping techniques. They will know the basics of how to throw a javelin and shotput.

Children will set the standard for their *Personal Best*.

Curriculum Progression

The children will be taught to:

- Use the sprint start position.
- Use efficient running techniques for different distances run.
- Use the standing long jump position and to effectively propel themselves forwards.
- Use throwing techniques for javelin and shotput.

All children will be given the opportunity to self and peer evaluate performances, developing their key vocabulary whilst doing so.

Vocabulary

Sprint	Tip
Propel	90' angle
Transferral	45' angle
Balance	Personal best
Pace	Endurance
Distance	
Drastically	
Gravity	
Foul	
Momentum	

Resources

Shot puts
Tape measure
Cones
Running track
Javelins
Stop watches