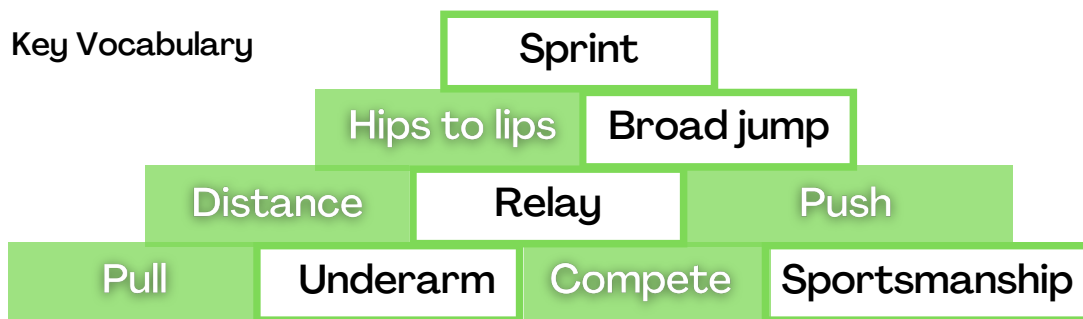


Links to PE National Curriculum

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- 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
- 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

Key Vocabulary



Key skills

Physical

- Running/Evading
- Catching
- Throwing
- Bowling
- Batting



Olympic athletics events

| Track | Field |
|---------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • Sprinting • Endurance running • Hurdles • Relays | <ul style="list-style-type: none"> • Long jump • Triple jump • Javelin • Shot putt • Discuss |

Social & Emotional

- Sportsmanship and fair play
- Communication
- Collaboration

Thinking

- Decision making
- Understanding rules

Athlete spotlight: Jessica Ennis-Hill

Dame Jessica Ennis-Hill won gold at the 2012 Olympics in the heptathlon, which is 7 different events! Jess had to compete in the following events to win her gold: 100m hurdles, high jump, shot put, 200m sprint, long jump, javelin throw, and 800m run!



Glossary

Sprint

Running as fast as you can over a shorter distance

Hips to lips

Our sprinting technique to help us increase arms and leg drive, and therefore speed!

Broad jump

A jump for distance but from a standing start!

Key questions

1. Who can explain our sprinting technique?
2. What are examples of push and pull throws?
3. What do we mean by sportsmanship?

By the end of the unit I should...

- Be starting to show mastery in fundamental movement skills
- Be able to display a variety of basic running, throwing and jumping techniques
- Have a basic understanding of athletic techniques



Learning Journey – Y3 Athletics

Whole child criteria: **Head** | **Hand** | **Heart**

Year 2

- I understand the basic rules of athletic events/tasks
- I can describe simple athletic techniques
- I can change speed quickly with control
- I can demonstrate a basic pull throw
- I can demonstrate a basic push throw
- I can use my arms to help jump with increased balance and control
- I can demonstrate different jumping combinations with control
- I am willing to help others and receive feedback
- I can compete in mini challenges as part of a team i.e. relay style games
- I have a basic understanding of what happens to my body as we exercise

Year 3

- I understand the basic rules of athletic events/tasks
- I can describe simple athletic techniques
- I can run fast over short distances
- I can change speed quickly with control
- I can demonstrate a basic fling throw
- I can demonstrate a basic push throw
- I can use my arms to help jump with increased balance and control
- I am willing to practice and improve
- I can share a basic understanding of what happens to my body as we exercise

Year 4

- I can describe different athletic techniques
- I can compare performances using key terminology
- I can demonstrate a range of throwing techniques
- I can pace myself to perform for a sustained period
- I can jump using consistent technique
- I can take on different roles within small groups i.e. 'athlete', 'timer' and 'coach'
- I can explain the positive effect of regular activity on my lifestyle

Other prior learning units
(with similar transferrable skills)

- Fundamental movement skills
- Athletics
- Most units that involve running, jumping and/or throwing

Progression of physical skills

Year 2

- Pupils are
 - Running
 - Jumping
 - Hopping
 - Throwing (pull & fling)

Year 3

- Pupils can show mastery across a range of fundamental movement skills:
 - Running
 - Relaying
 - Jumping combinations
 - Hopping
 - Throwing (push & pull)

Year 4

- Pupils can show mastery across a range of fundamental movement skills:
 - Running
 - Hurdling
 - Relaying
 - Jumping combinations
 - Hopping
 - Throwing (push & pull)