

Year 3: Athletics

Summer 2

Sequence of learning:

To jump in a variety of ways

To recognise the differences between fast, slow and medium pace

To combine running and jumping

To throw for accuracy and distance

To participate in skipping challenges against others and self

Final Outcome:

To compete in a sports day

Key Vocabulary:

Run, jump, throw, agility, power, speed, track, force, distance, curve, accelerate, hurdles, pull, record, pace, approach, combine

Equipment:

A variety of balls, hoops, beanbags, quoits, throwdown markers, foam javelins, stopwatch, measuring tape, skipping ropes, low hurdles.

National Curriculum Key Skills:

- Understand and demonstrate the difference between sprinting and running for sustained periods
- Be able to run for a sustained period of time
- Know and demonstrate a range of throwing techniques
- Throw with some accuracy and power into a target area
- Perform a range of jumps, showing consistent technique (sometimes using a short run-up)

Key Questions:

How can you improve your jumping distance?

Why do you need to change pace in athletics?

How do you run over hurdles and not stop to jump?

What types of throws have you tried?

