

Athletics Knowledge Organiser

Year: 3			
Term: Summer 1			
Background information for teachers and pupils			
<p>As in all units, pupils develop physical, social, emotional and thinking whole child objectives. In this unit, pupils will develop basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, distance or accuracy and learn how to persevere to achieve their personal best. Pupils are also given opportunities to measure, time and record scores.</p>			
Key Knowledge			
<p>Pupils should:</p> <ul style="list-style-type: none"> • Enjoy communicating, collaborating and competing with each other. • Develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. • Develop running, jumping, throwing and catching in isolation and in combination. • Develop flexibility, strength, technique, control and balance. • Compare their performances with previous ones demonstrate improvement to achieve their personal best. 			
Key Knowledge			
Progression of skills			
	Running	Jumping	Throwing
Year 6	Demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique.	<ul style="list-style-type: none"> • Develop power, control and technique in the triple jump. 	<ul style="list-style-type: none"> • Develop power, control and technique when throwing discus and shot put.
Year 5	<ul style="list-style-type: none"> • Apply fluency and coordination when running for speed in relay changeovers. • Effectively apply speeds appropriate for the event. 	<ul style="list-style-type: none"> • Explore technique and rhythm in the triple jump. 	<ul style="list-style-type: none"> • Develop technique and power in javelin and shot put.
Year 4	<ul style="list-style-type: none"> • Develop an understanding of speed and pace in relation to distance. • Develop power and speed in the sprinting technique. 	<ul style="list-style-type: none"> • Develop technique when jumping for distance. 	<ul style="list-style-type: none"> • Explore power and technique when throwing for distance in a pull and heave throw.
Year 3	<ul style="list-style-type: none"> • Develop the sprinting technique and apply to relay events. 	<ul style="list-style-type: none"> • Develop technique when jumping for distance in a range of approaches and take off positions. 	<ul style="list-style-type: none"> • Explore the technique for a pull throw.
Year 2	<ul style="list-style-type: none"> • Develop the sprinting action. • Explore rhythm when running over obstacles. 	<ul style="list-style-type: none"> • Develop jumping, hopping and skipping actions. • Explore safely jumping for distance and height. 	<ul style="list-style-type: none"> • Develop overarm throwing for distance.
Year 1	<ul style="list-style-type: none"> • Explore running at different speeds. 	<ul style="list-style-type: none"> • Develop balance whilst jumping and landing. • Explore hopping, jumping and leaping for distance. 	<ul style="list-style-type: none"> • Explore throwing for distance and accuracy.
EYFS	<ul style="list-style-type: none"> • Explore running and stopping. • Explore running on the balls of their feet. 	<ul style="list-style-type: none"> • Explore jumping and hopping safely. 	<ul style="list-style-type: none"> • Explore throwing to a target.

Whole child Skills			
Physical	Social	Emotional	Thinking
<ul style="list-style-type: none"> Sprinting Running over obstacles Jumping for distance Jumping for height Push throw for distance Pull throw for distance 	<ul style="list-style-type: none"> Working collaboratively Working safely 	<ul style="list-style-type: none"> Perseverance Determination 	<ul style="list-style-type: none"> Observing and providing feedback

Links to other National Curriculum subjects

English

- Learning of key vocabulary - Power, speed, strength, vertical, progressive
- Communicating ideas
- Reading task cards

Maths

- Adding metres thrown to get a total
- Recording data
- Analysing data
- Timing partner in events
- Measuring distances with cones
- Estimating speeds to match their partner's pace

Science

- Understanding the effect exercise has on the body
- Learning the names of muscles
- Understanding how the body reacts to different exercises
- Estimating distances with cones and concluding the longest jump
- Exploring the impact of strength and speed on distance produced
- Exploring transferring weight to create power in throws

Key Vocabulary


Prior vocabulary - sprint, jog, distance, height, take off, landing, overarm, underarm

New Vocabulary – speed, power, strength, accurately, higher, pace, control, faster, further

Teacher Glossary

Push throw	When the performer pushes the item through the air.
Pull throw	When the performer pulls the item through the air.
Jump	Take off and land on two feet.
Hop	Take off on one foot and land on the same foot.
Leap	Take off on one foot and land on the other. Also known as a step in the triple jump.
Changeover	Where a baton is passed from one person to another.

Official Athletic Events

<p>Running</p> <p>Sprinting 100m, 200m, 400m</p> <p>Hurdles Relay</p> <p>Middle distance 800m, 1500m</p> <p>Long distance 5,000, 10,000</p> <p>Steeplechase</p>	<p>Jumping</p> <p>Long jump Jump for distance</p> <p>Triple jump Jump for distance</p> <p>High jump Jump for height</p> <p>Pole vault Jump for height</p>	<p>Throwing</p> <p>Discus Fling throw</p> <p>Shot Push throw</p> <p>Hammer Fling throw</p> <p>Javelin Pull throw</p>	
---	--	---	---

Health and safety

In throwing activities, even where pupils are throwing soft athletic equipment it is important to instil good practice for the future.

Ensure:

- pupils wait for instruction and check the area is clear before throwing
- there is adequate space between throwers

In obstacle events ensure the following:

- the obstacles can fall easily when hit
- there is adequate space for returning runners
- runners only hurdle the obstacles in one direction

Remind children to:

- Remove any jewellery before the lesson.
- Tie long hair back.

Wear suitable clothing for PE to school.

**GetSet4PE Gymnastics Scheme Overview
Year 3**

	Learning	Whole Child Objectives	Equipment
1	<p>LO: To develop the sprinting technique and improve on your personal best.</p> <p>Success criteria:</p> <ul style="list-style-type: none"> Sprint on the balls of your feet moving your hands from pocket to mouth. 	<p>Social: To support and congratulate others.</p> <p>Emotional: To show determination to achieve my best.</p> <p>Thinking: To provide and discuss feedback with a partner.</p>	<p>Cones x 30</p> <p>Download Sprinting video</p>
2	<p>LO: To develop changeover in relay events.</p> <p>Success criteria:</p> <ul style="list-style-type: none"> Communicate with your team to let them know if they need to hold the baton higher. Hold the bottom of the relay baton for smooth changeovers. Run to the receiving side of your teammate when passing the baton on. Sprint on the balls of your feet moving your hands from pocket to mouth. 	<p>Social: To support and congratulate others.</p> <p>Emotional: To be confident to lead others.</p> <p>Thinking: To provide feedback to my team to help us achieve a shared goal.</p>	<p>Cones x 30</p> <p>Relay batons x 8</p>
3	<p>LO: To develop jumping technique in a range of approaches and take off positions.</p> <p>Success criteria:</p> <ul style="list-style-type: none"> Jump with balance and control by bending your knees at take off and landing. Keep looking straight ahead when you jump. 	<p>Social: To collaborate with a partner to jump our furthest distance.</p> <p>Emotional: To show perseverance and determination to achieve my best whether I win or lose.</p> <p>Thinking: To identify which jump will get me the furthest and use this tactic to help me compete.</p>	<p>Cones x 30</p> <p>Download Long jump video.</p>
4	<p>LO: To develop throwing for distance and accuracy.</p> <p>Success criteria:</p> <ul style="list-style-type: none"> Step forward as you throw to create power. Transfer your weight from your back to your front leg. 	<p>Social: To show respect towards opponents and congratulate others when competing.</p> <p>Emotional: To be able to control my emotions regardless of result.</p> <p>Thinking: To identify how components of fitness link to throwing activities.</p>	<p>Basketball x 10</p> <p>Cones x 30</p> <p>Hoops x 30</p> <p>Download stretches for Athletics document.</p>
5	<p>LO: To develop throwing for distance in a pull throw.</p> <p>Success criteria:</p> <ul style="list-style-type: none"> Release the beanbag as your hand moves past your head. Throw from a balanced stance. Transfer your weight from your back to your front leg. 	<p>Social: To congratulate my partner for working hard and for using a good technique.</p> <p>Emotional: To show determination to improve on my previous throw.</p> <p>Thinking: To explore and identify good technique.</p>	<p>Beanbags x 15</p> <p>Cones x 3</p>
6	<p>LO: To develop officiating and performing skills.</p> <p>Success criteria:</p> <ul style="list-style-type: none"> Hold the bottom of the relay baton for smooth changeovers. Jump with balance and control by bending your knees at take off and landing. Sprint on the balls of your feet moving your hands from pocket to mouth. 	<p>Social: To work with my group to ensure that we are ready for the activity.</p> <p>Emotional: To show determination to achieve my best at each station.</p> <p>Thinking: To identify personal areas of strength.</p>	<p>Basketball x 3</p> <p>Beanbags x 3</p> <p>Cones x 30</p> <p>Relay batons x 1</p> <p>Speed bounce stations x 3</p> <p>Stop watch x 1</p> <p>Download Y3 carousel stations and Y3 record sheet.</p>

All lesson plans and equipment lists can be found here:

<https://www.getset4pe.co.uk/lesson/ks2/athletics?years=1002>