

Year 3 Athletics

National Curriculum objectives

Develop flexibility, strength, technique, control and balance.

Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Key Learning

- Run a relay and change over the baton appropriately – including passing a baton from standing start
- Jump for distance including jumping from a standing start
- Developing skills to jump further distances
- Learn basics of hurdling, keeping head same height throughout jumping
- Run for speed, including over longer distances
- Developing throwing skills – further distances and a range of techniques

Equipment

- Baton or bean bags
- Benches
- Cones and Canes
- Footballs
- Mats
- Mini/Low level hurdles
- Quoits
- Soft balls
- Targets
- Bean bags
- Coloured bands/bibs
- Foam javelins
- Marker Cones
- Mats or grass area
- Playing space (indoor or outdoor)
- Size 4 soccer ball (to 1kg medicine balls)
- Stopwatch

Key Vocabulary

Drive: Powerfully push with your body.

Heave: A throw which uses the legs and arms together.

Hurdle: A small frame that you jump over whilst running.

Jump: To push your body into the air using powerful pushes from your legs.

Lead leg: The leg that goes in front.

Leap: Using a lot of energy and power, a leap is a very long or high jump.

Pull: A throwing movement that starts behind the body.

Push: A throwing movement that starts in front of the body.

Rhythm: Performing with a steady beat to your actions.

Run: Moving faster than a walk and having both feet off the ground at times.

Sling weight transfer: Throwing with a long, relaxed arm action and possibly a foot pivot as well.

Standing long jump: A hop, then a step, then a jump.

Standing start: Standing upright and still to begin a race.

Key Questions

Where is your focus as you sprint?

What helps you to hurdle well?

What went well? What could be improved?

What is the best way to pass a relay baton?

Safety

- Remove all jewellery including earrings
- Long hair must be tied back
- Wear suitable footwear
- Use correct techniques
- Complete a warm-up and cool-down