



Physical Education Athletics

Y3

Unit Focus:

Control movement in response to instructions. Demonstrate agility and speed. Jump for height and distance. Throw with speed and power and apply appropriate force.

Prior Learning:

- Linked running and jumping movements.
- Move safely around between and over apparatus.
- Worked with a variety of equipment.

Rules:

- All players compete in all activities.
- Groups accumulate scores across all activities



Compete with others and record points.



Link running and jumping activities with some fluency and consistency.



Identify how to improve.

Key Vocabulary/Skills:

Combination jumps.	Run, jump, throw, agility, power, speed, track, force, distance, curve, accelerate, hurdles, pull, record, pace, approach, combine.
Recognise different pace.	
Approaching hurdles.	
Pull throw.	
Recording points.	



Inspiring Individuals



Frederick Carlton Lewis
(1961 - present)



Natascha Badmann
(1966 – present)

Equipment A variety of balls, hoops, bean bags, quoits, throw down markers, foam javelins, balloons, stopwatch, measuring tape, skipping ropes, low hurdles.

Key Questions

1. Did you complete an activity and change your technique to improve your score?
2. What recording system did you use for counting and keeping track of points scored?