

# Year 3 - Athletics

## What it looked like last year...

- Master basic movements including running, jumping, throwing and catching.
- Develop balance, agility and co-ordination.

## What it looks like next year...

- Further develop running for speed by using the correct technique.
- Apply the correct techniques to the various throws.
- Explore technique for jumping.

## Vocabulary (Definitions)

**Run**  
**Jump**  
**Throw**  
**Sprint**  
**Pace**  
**Distance**  
**Relay**  
**Track**  
**Changeover** (giving the baton to another team member)  
**Long Jump**  
**Triple Jump**  
**Accuracy**  
**Javelin**  
**Shot Put**  
**Discus**



## Sequence of Learning

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| <ol style="list-style-type: none"> <li>1. <b>Explore running for speed</b> (I can explore how to run fast).</li> <li>2. <b>Develop running for speed</b> (I can use the correct sprinting technique).</li> <li>3. <b>Introduce relay: Running for speed in a team</b> (I can run as part of a team).</li> <li>4. <b>Develop relay: Running for speed in a team</b> (I can continue to run as part of a team).</li> <li>5. <b>Explore running for distance</b> (I can explore pacing).</li> <li>6. <b>Understand and apply tactics when running for distance</b> (I can pace myself).</li> </ol> | <ol style="list-style-type: none"> <li>1. <b>Throwing: Accuracy vs distance</b> (I can explore throwing for accuracy and distance).</li> <li>2. <b>Throwing for distance: Javelin</b> (I can throw the javelin for distance).</li> <li>3. <b>Throwing for distance: Shot put</b> (I can throw the shot put for distance).</li> <li>4. <b>Throwing for distance: Discus</b> (I can throw the discus for distance).</li> <li>5. <b>Jumping for distance: Standing Long Jump</b> (I can explore how to jump far).</li> <li>6. <b>Jumping for distance: Standing Triple Jump</b> (I can use a combination of movements to jump far).</li> </ol> |
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## Cultural Capital

- To be able to use my body to run fast and pace myself over a longer distance, to be able to throw a variety of implements, and to be able to jump far.
- The real life knowledge that links is; body control, body awareness, hand-eye coordination, teamwork, tactical thinking.
- The jobs it can be used in are; professional athlete, fitness instructor, sports coach, sports official, sports scientist.