

YEAR 3

Athletics

Scheme of Work

Introduction

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.

Key Skills

- Physical: sprinting
- Physical: jumping for distance
- Physical: push and pull throwing for distance
- Social: working collaboratively
- Social: working safely
- Emotional: perseverance
- Emotional: determination
- Thinking: observing and providing feedback

Learning Objective

LESSON 1	To develop the sprinting technique and improve on your personal best.
LESSON 2	To develop changeover in relay events.
LESSON 3	To develop jumping technique in a range of approaches and take off positions.
LESSON 4	To develop throwing for distance and accuracy.
	To develop throwing for distance in a pull throw.

LESSON 5	
LESSON 6	To develop officiating and performing skills.

Assessment Criteria

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- I am developing jumping for distance.
- I can identify when I was successful.
- I can take part in a relay activity, remembering when to run and what to do.
- I can throw a variety of objects, changing my action for accuracy and distance.
- I can use different take off and landings when jumping.
- I can use key points to help me to improve my sprinting technique.
- I can work with a partner and in a small group, sharing ideas.
- I show determination to achieve my personal best.

Links to the National Curriculum

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

Health and Safety

In throwing activities, even where pupils are throwing soft athletic equipment it is important to instill 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