

YEAR 3

	EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Athletics - RUNNING	<p>The three Prime ELGS of Communication and Language, PSED and Physical Development provide the foundations of which all other learning is built upon.</p> <p>Particularly:</p> <p>Gross Motor Skills ELG</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and coordination when playing.</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Run in different ways for a variety of purposes</p> <p>Travel at different speeds</p> <p>Travel in different directions</p>	<p>Run at different paces, and be able to describe it</p> <p>Use a variety of different stride lengths</p> <p>Begin to select the most suitable pace and speed for distance</p> <p>Vary the speed and direction in which they are travelling</p> <p>Be able to maintain and control a run over different distances</p>	<p>Understand the difference between a sprint and a run</p> <p>Focus on their arm and leg action to improve their sprinting technique</p> <p>Identify and demonstrate how different techniques can affect their performance</p> <p>Understand the importance of adjusting running pace to suit the distance being run</p> <p>Focus on trail leg and lead leg action when running over hurdles</p>	<p>Demonstrate an improved technique for sprinting</p> <p>Carry out an effective sprint finish</p> <p>Speed up and slow down smoothly</p> <p>Perform a relay focusing on the baton change over technique</p>	<p>Accelerate from a variety of starting positions</p> <p>Identify their reaction times when performing a sprint start</p> <p>Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run</p> <p>Identify and demonstrate stamina, explaining its importance for runners</p>	<p>Recap, practise and refine an effective sprinting technique, including reaction time</p> <p>Build up speed quickly for a sprint finish</p> <p>Accelerate to pass other competitors</p> <p>Demonstrate endurance and stamina over longer distances</p> <p>Work as a team to competitively perform a relay</p>
THROWING	<p>Roll equipment in different ways</p> <p>Throw underarm</p> <p>Throw an object at a target</p>	<p>Throw different types of equipment in different ways, for accuracy and distance</p> <p>Throw with accuracy at different heights</p> <p>Investigate ways to alter their throwing</p>	<p>Throw with greater control and accuracy</p> <p>Show increasing control in overarm throw</p> <p>Perform a push throw</p> <p>Continue to develop techniques to</p>	<p>Perform a pull throw</p> <p>Measure the distance of their throws</p> <p>Continue to develop techniques to throw for increased distance</p>	<p>Perform a fling throw</p> <p>Throw a variety of implements using a range of throwing techniques</p> <p>Measure and record the distance of their throws</p> <p>Continue to develop techniques to throw</p>	<p>Perform a heave throw</p> <p>Continue to develop techniques to throw for increased distance and support others in improving their personal best</p> <p>Develop and refine techniques to throw for accuracy</p>	

SKILLS	Identify and demonstrate how different techniques can affect their performance	Throw with greater control and accuracy	Use one and two feet to take off and land with	Identify and demonstrate how different techniques can affect their performance Throw with greater control and accuracy Use one and two feet to take off and land with	Identify and demonstrate how different techniques can affect their performance	Identify and demonstrate how different techniques can affect their performance	Identify and demonstrate how different techniques can affect their performance
KNOWLEDGE PE Subject Organiser - Year 3 - Athletics - Competitions	Pupils will develop their ability to run as fast as possible with the correct techniques	Pupils will develop their ability to throw for distance exploring the most effective technique	Pupils will develop their ability to jump as far as possible with the correct techniques.	Pupils will develop their ability to run and jump as fast/far as possible with the correct techniques and throw for distance exploring the most effective technique.	Pupils will develop life skills such as cooperation and encouragement as they collaborate with others and support each other to develop their techniques.	Pupils will develop life skills such as cooperation and encouragement as they collaborate with others and support each other to develop their techniques.	They will explore how we can use our bodies to run as fast as possible, exploring the correct technique individually and within teams. Pupils will apply their skills with developing confidence as they grow in their ability to show integrity and determination in a competition event.
LESSON LINK	Complete PE- Year 3 – Athletics – Competitions	Complete PE- Year 3 – Athletics – Competitions	Complete PE- Year 3 – Athletics – Competitions	Complete PE- Year 3 – Athletics – Competitions	Complete PE- Year 3 – Athletics – Competitions	Complete PE- Year 3 – Athletics – Competitions	
PROGRESSIVE VOCABULARY	run sprint technique pump focus	throw technique accuracy distance phases rotation	jump swing arms knees focus	run sprint throw jump technique accuracy focus	run sprint throw jump technique accuracy focus evaluate select	run sprint throw jump technique accuracy focus evaluate select	Articulate, demonstrate and recognise subject specific vocabulary
CURRICULUM EXPERIENCES						Sports Day	
END POINT	Pupils will bring together the suggested sequence of learning for running into a competition.	Pupils will bring together the suggested sequence of learning for throwing into a competition.	Pupils will bring together the suggested sequence of learning for jumping, into a competition.	Pupils will bring together the suggested sequence of learning for jumping, throwing and running into a mini athletics competition	Pupils will be responsible for selecting which pupils compete in each event.	Pupils will bring together the suggested sequence of learning for jumping, throwing and running with pupils applying their knowledge into their annual sports day	

BIRCHINGTON



CHURCH OF ENGLAND PRIMARY