

YEAR 3

	EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
<p>Athletics - RUNNING</p> <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>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>

COMPOSITES

use running in isolation and in combination
develop flexibility, strength, technique, control and balance

COMPONENTS

	1	2	3	4	5	6	End Point
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	Can I explore how I can use my body to make me run as fast as possible?	Can I explore running for speed?	Can I run as part of a team?	Can I continue to run as part of a team?	Can I explore pacing and running for distance?	Can I continue to explore pacing and running for distance	Children will explore how we can use our bodies to run as fast as possible, exploring the correct technique individually and within teams
CONCEPTS Link to concept map	COMPETENCE	COMPETENCE	COMPETENCE	COMPETENCE	COMPETENCE	COMPETENCE	
SKILLS	Identify and demonstrate how different techniques can affect their performance	Understand the difference between a sprint and a run Focus on their arm and leg action to improve their sprinting technique	Understand the importance of adjusting running pace to suit the distance being run	Understand the importance of adjusting running pace to suit the distance being run	Understand the importance of adjusting running pace to suit the distance being run	Understand the importance of adjusting running pace to suit the distance being run	Use the correct techniques to enhance performance and understand the importance of adjusting running pace to suit the distance being run
KNOWLEDGE PE Subject Organiser - Year 3 - Athletics - Running	Pupils will develop their ability to run as fast as possible with the correct techniques	Pupils will apply an understanding of how to use the correct technique for running fast.	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	Pupils will apply an understanding of how to use the correct technique for running fast, and why it is so important	Pupils will apply an understanding of how to use the correct technique for running fast, and why it is so important	Pupils will know how we can use our bodies to run as fast as possible, exploring the correct technique individually and within teams
LESSON LINK	Complete PE- Year 3 – Athletics –Running	Complete PE- Year 3 – Athletics – Running	Complete PE- Year 3 – Athletics – Running	Complete PE- Year 3 – Athletics – Running	Complete PE- Year 3 – Athletics – Running	Complete PE- Year 3 - Athletics –Running	
PROGRESSIVE VOCABULARY	run sprint technique pump focus	run sprint technique pump focus balls of feet	run sprint technique pump focus balls of feet team	run sprint technique pump focus balls of feet team	run sprint technique pump focus balls of feet pace distance	run sprint technique pump focus balls of feet pace distance tactics	Articulate, demonstrate and recognise subject specific vocabulary

CURRICULUM EXPERIENCES						Sports Day	
END POINT	Pupils will learn the correct technique used for sprinting	Pupils will continue to learn and apply the correct sprinting technique.	Pupils will apply their understanding and application of running for speed, into running as part of a team.	The focus of the learning is to continue to apply pupils' understanding of running for speed into running as part of a team.	Pupils will learn the correct technique to use when running for distance.	Pupils will learn the correct technique to use when running for distance and think about tactics that they will apply to their races	

