

YEAR 3

	EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
ATHLETICS - THROWING	<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>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 technique to achieve greater distance</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 throw for increased distance</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 for increased distance</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>
JUMPING	<p>Demonstrate strength, balance and coordination when playing.</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Jump in a range of ways, landing safely</p>	<p>Perform and compare different types of jumps: for example, two feet to two feet</p> <p>Combine different jumps together with some fluency and control</p> <p>Jump for distance from a standing position with accuracy and control</p> <p>Investigate the best jumps to</p>	<p>Use one and two feet to take off and land with</p> <p>Develop and effective take -off for the standing long jump</p> <p>Develop and effective flight phase for the standing long jump</p> <p>Land safely and with control</p>	<p>Learn how to combine a hop, step and jump to perform the standing triple jump</p> <p>Begin to measure the distance jumped</p> <p>Begin to explain how to land safely and with control</p>	<p>Improve techniques for jumping for distance</p> <p>Perform an effective standing long jump</p> <p>Perform the standing triple jump with increased confidence</p> <p>Develop an effective technique for the standing vertical jump</p>	<p>Develop a technique for the standing vertical jump</p> <p>Maintain control at each stage of the triple jump</p> <p>Perform and apply different types of jumps in other contexts</p> <p>Set up and lead jumping activities</p>

PROGRESSIVE VOCABULARY	throw accuracy distance technique target	throw javelin technique over arm stance grip extension rotation weight	throw shot put technique push stance grip extension rotation weight	throw discus technique sling stance grip extension rotation weight	jump technique 2 feet arms swing knees balance	jump technique hop skip combination triple jump	Articulate, demonstrate and recognise subject specific vocabulary
CURRICULUM EXPERIENCES						Year group competition	
END POINT	Pupils will know the difference between throwing for accuracy and throwing for distance.	Pupils will learn how to throw a primary school javelin and how they can use their bodies to throw with greater distance.	Pupils will learn how to throw a primary school shot put and how they can use their bodies to throw with greater distance.	Pupils will learn how to throw a primary school discus and how they can use their bodies to throw with greater distance.	Pupils will jump 2 feet to 2 feet demonstrating the correct jumping techniques in a standing long jump competition.	Pupils will use a combination of jumps (hop, skip/jump) demonstrating the correct jumping techniques in a standing triple jump competition	

