

Physical Education

Topic overview

Athletics



The unit of work will develop pupils' ability to develop their own sprinting technique, analysing their own performance. Pupils will compare sprinting to running for distance and pacing. The unit will introduce throwing for distance with javelins and explore the triple jump.

Year group: 3/4

Term: Cycle A Summer
2

Prior knowledge

Pupils will have prior knowledge of running, jumping and throwing. They will have developed their skills in communication and team work to support themselves and others.

National Curriculum Objectives

- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]



By the end of this unit, I will be able to:

Physical - Pupils will be able to apply the correct technique for sprinting. They will explore pacing and the correct technique for triple jump and javelin.

Cognitive - Pupils will apply a developing understanding of the correct technique for running fast vs pacing, triple jump, javelin and why the correct technique is important

Social - Pupils will develop life skills such as communication and encouragement as they collaborate with others and support each other to improve and develop.

Wellbeing - Pupils will continue to develop and apply life skills such as resilience and self-motivation as they strive to improve their own performance and understanding.

Key vocabulary

- Sprinting technique
- Pumping arms
- Changeover
- Throwing for distance
- Take off
- Landing