



**PE Topic:** Athletics

**Year:** 3 **Term:** Summer 1

## Key Knowledge/Content:

- To enjoy communicating, collaborating and competing with each other.
- To develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- To use running, jumping, throwing and catching in isolation and in combination.
- To develop flexibility, strength, technique, control and balance.
- To compare their performances with previous ones and demonstrate improvement to achieve their personal best.

## Links to:

### Prior learning:

To use different techniques, speeds and effort to meet challenges set for running, jumping and throwing.

### Future learning:

To recognise that there are different styles of running.

## Key vocabulary with definition:

### Prior vocabulary:

- Aim – To point or direct something at a target.
- Safely – To avoid harm or injury.
- Repeat – To do something again.
- Overarm – Arm passes over shoulder height.
- Underarm – Arm stays below shoulder height.
- Accelerate – To get faster.
- Take off – Where you leave the ground.
- Landing – Where you meet the ground again.
- Evaluate – To assess how good something is.
- Improve – To make something better.

### New vocabulary:

- Sprint – To run at full speed over a short distance.
- Baton – A tube that is passed in a relay race.
- Relay – To work as part of a team in a race.
- Heartbeat – The pulsation of the heart.
- Pulse rate – The measure of your heartbeat.
- Control – The authority to guide something.

## By the end of this unit

**All children can:** remember, repeat and link combinations of actions.

**Most children can:** improve their personal best and fitness levels.

**Some children can:** be a good sportsperson and congratulate others on winning.

## Background understanding for teachers and parents:

This half term is Athletics, with a focus on running, jumping and throwing. The children will have the opportunity to take part in games and competitive activities involving each skill, including Sports Day.

## Curriculum Driver (one):

Aspiration

### Evidence outcome:

To try your best and attempt to beat personal bests. To engage in competition and aspire to win.