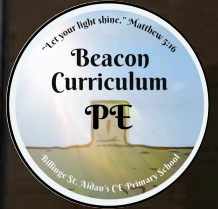


Year 3 - Indoor Athletics - HT4



Prior Learning: In Year 2, children continued to practice different ways of jumping (for height and for distance). They practiced the speed bounce over a cone. They looked at different ways of trying to get faster at the speed bounce and running. Children took part in racing on their own and as a team.

Physical Me

Key Skills

- **Running** - Shuttle runs/sprints
- **Leaping/hopping** - Over objects
- **Throwing/Pushing** - At a target
- **Skipping** - With a hoop
- **Jumping** - Speed bounce, long jump, for height
- **Co-ordination, strength, Power, Speed**



Thinking Me

- To improve my performance

Value Me:

- Self belief
- Perseverance

Social Me

- Collaborate
- Encourage others

Key Vocabulary

Co-ordination

Sprint

Speed

Relay

Measure

Competition

Record

Shuttles

Bounding

Key Knowledge

Relay - Is a race between teams of two or more contestants with each team member covering a specified portion of the entire course

5 Strides - The participant takes five bounding strides from a standing position, the total distance covered is read from a Graduated mat/or tape measure

Bounding - Helps to increase stride length and improve movement control

Athletic Events

Track Events:

100m sprint
200m sprint
400m sprint
800m middle distance
1500m middle distance

Field events:

Javelin throw
Long Jump
Triple Jump
Shot put
Discus
High Jump

I can statements



Chest push using correct stance

Jumping bending knees, use arms for distance

Speed bounce develop control over a mat

5 strides- co-ordinating steps with arms

Skipping – with control, head up

Vertical jump – standing side on, jumping up to target, bending your knees

Running individually using FAST technique, and developing relay change over techniques

Anything else you have learnt? What have you enjoyed?