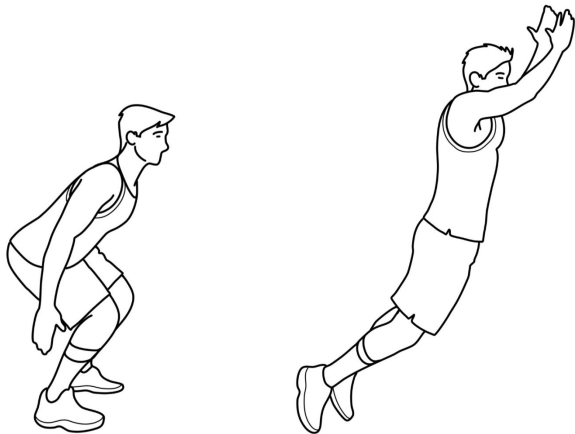


Knowledge Organiser: Year 3 Athletics



Prior Learning: Linked running and jumping movements. Move safely around between and over apparatus. Worked with a variety of equipment.

Equipment needed: A variety of balls, hoops, bean bags, quoits, throw down markers, foam javelins, balloons, stopwatch, measuring tape, skipping ropes, low hurdles.



Unit Focus: Control movement in response to instructions. Demonstrate agility and speed. Jump for height and distance. Throw with speed and power and apply appropriate force.

Key Vocabulary/Skills	
Combination jumps.	Run, jump, throw, agility, power, speed, track, force, distance, curve, accelerate, hurdles, pull, record, pace, approach, combine.
Recognise different pace.	
Approaching hurdles.	
Pull throw.	
Recording points.	

Head: Compete with others and record points.

Hand: Link running and jumping activities with some fluency and consistency.

Heart: Identify how to improve.

- Key Questions:**
1. Did you complete an activity and change your technique to improve your score?
 2. What recording system did you use for counting and keeping track of points scored?

- Rules:**
- All players compete in all activities.
 - Groups accumulate scores across all activities.

