



PE
Year 3

Athletics

Why do we need to be able to run fast in sport? Can I learn the correct technique used for sprinting?

Can I run on a curved track and start to understand simple changeover tactics?

Can I explore the differences between throwing for accuracy and throwing for distance?

Can I develop an understanding of how and why we need to accelerate at the start of a race?

Revisit: What is a relay?
Can I run for speed, when running as part of a team? What strategies are needed for passing the baton?

Can I explore how we can use our bodies to jump as far as possible?

Celebration/Evaluation
I will apply the skills I have learnt to take part a sports day event.

Key Vocabulary
Accelerate, Speed, Tactics, Distance, Relay, Change over, Baton, Accuracy, Target, Technique, Standing long jump, Sprinting

What to revisit?
Y1—Running Technique
Y2—Jumping Technique