

## Medium Term Plan: Supporting Implementation of

**Subject:** Year 3 Summer 1 - Athletics:

In this unit, pupils will develop basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, distance or accuracy and learn how to persevere to achieve their personal best. Pupils are also given opportunities to measure, time and record scores.

N/C links:

- use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance.

Key skills:

- Physical: sprint, jump for distance, push throw, pull throw
- Social: collaborate, work safely
- Emotional: determination, perseverance
- Thinking: observe and provide feedback, comprehension, explore technique

### **Prior Learning (what pupils already know and can do)**

- Run on the balls of their feet.
- Take big steps and have elbows bent to help run faster.
- Swing arms to help jump further.
- Throw in a straight line by pointing their throwing hand at the target.

### **Long-term Learning (what pupils MUST know and remember) End Goals**

- To develop the ability of jumping for distance.
- To identify when they are successful.
- To take part in a relay activity, remembering when to run and what to do.
- To throw a variety of objects, changing an action for accuracy and distance.
- To use different take off and landings when jumping.
- To use key points to help improve their sprinting technique.
- To work with a partner and in a small group, sharing ideas.
- To show determination to achieve a personal best.

### **Key Vocabulary**

Accuracy, baton, control, event, further, personal best, power, relay, speed, strength, technique

Session 1 – To develop the sprinting technique and improve on your personal best.

### **Success Criteria**

- Sprint on the balls of your feet moving your hands from pocket to mouth.

### **Whole Child Objectives**

- Social: To support and congratulate others.
- Emotional: To show determination to achieve my best.
- Thinking: To understand that leaning slightly forwards helps increase speed. Leaning in the opposite direction to travel helps to slow down.

Sprinting video to be shown - <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12342>

### **Vocabulary:**

Speed, control, technique

## **Medium Term Plan: Supporting Implementation of**

Session 2 – To develop changeover technique in relay events.

### **Success Criteria:**

- Communicate with your team to let them know if they need to hold the baton higher.
- Hold the bottom of the relay baton for smooth changeovers.
- Run to the receiving side of your teammate when passing the baton on.
- Sprint on the balls of your feet moving your hands from pocket to mouth.

### **Whole Child Objectives:**

- Social: To support and congratulate others.
- Emotional: To be confident to lead others.
- Thinking: To provide feedback to my team to help us achieve a shared goal.

### **Vocabulary**

Baton, control, event, personal best, relay, speed, technique

Session 3 –To develop jumping technique in a range of approaches and take off positions.

### **Success Criteria:**

- Jump with balance and control by bending your knees at take off and landing.
- Keep looking straight ahead when you jump.

### **Whole Child Objectives:**

- Social: To collaborate with a partner to jump our furthest distance.
- Emotional: To show perseverance and determination to achieve my best whether I win or lose.
- Thinking: To understand that if I jump and land in quick succession, momentum will help me to jump further.

### **Vocabulary**

Further, power, technique, control

Session 4 - To develop throwing for distance and accuracy.

### **Success Criteria:**

- Step forward as you throw to create power.
- Transfer your weight from your back to your front leg.

### **Whole Child Objectives:**

- Social: To show respect towards opponents and congratulate others.
- Emotional: To be able to control my emotions regardless of result.
- Thinking: To know that the speed of the movement helps to create power.

Chest push video to be shown - <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=27379>

### **Vocabulary**

Accuracy, power, speed, strength, technique

## **Medium Term Plan: Supporting Implementation of**

Session 5 –To develop throwing for distance in a pull throw.

### **Success Criteria:**

- Release the beanbag as your hand moves past your head.
- Throw from a balanced stance.
- Transfer your weight from your back to your front leg.

### **Whole Child Objectives:**

- Social: To congratulate my partner for working hard and for using a good technique.
- Emotional: To show determination to improve on my previous throw.
- Thinking: To explore and identify good technique.

### **Vocabulary**

Technique, accurately, control, further, personal best

Session 6 – To develop officiating and performing skills.

### **Success Criteria:**

- Hold the bottom of the relay baton for smooth changeovers.
- Jump with balance and control by bending your knees at take off and landing.
- Sprint on the balls of your feet moving your hands from pocket to mouth.

### **Whole Child Objectives:**

- Social: To work with my group to ensure that we are ready for the activity.
- Emotional: To show determination to achieve my best at each station.
- Thinking: To identify personal areas of strength.

### **Vocabulary**

Baton, control, event, speed, technique

### **Future learning this content supports:**

This unit will support future fitness and athletics units throughout KS2. It will also support them during their summer topics helping them to transfer some key skill across. Pupils will have improved their balance, speed, coordination, strength and ability to change direction which will be used throughout the summer units. These skills will also be essential to sports in KS2 such as football, basketball, rounders, cricket, dance, hockey and tag rugby.