



Shadsworth Junior School



Curriculum

Year 3 Scheme of Work for PE

Term: Spring 1

Topic: PE-Athletics

Key Skills and Knowledge:

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| <ul style="list-style-type: none"> • Can jump from standing position and begin to perform a hop, step and jump (standing triple jump) • Choose and understand appropriate running techniques. • Develop running for distance. • Develop relay change over techniques • Run and take off over obstacles at some speed. • Perform a variety of throws using a selection of equipment. • Can use equipment safely and with good control. • Compete in a mini competition, recording scores. | <p style="text-align: right;"><u>Key Knowledge</u></p> <ul style="list-style-type: none"> • Begin to know when to run at a steady pace and when to speed up. • To begin to develop jumping actions. To use arms to drive you high and forward. • Land feet first, bring your body forward into the crouching position. • To know how to hold the object correctly using different techniques. • To know where to place your body (sideways on) and move your arm whilst throwing including my non-throwing arm. • To begin to generate power from the thighs. • To begin to position yourself to receive a baton. • Begin to understand why it is important to warm-up and cool-down. <p style="text-align: right;"><u>Character Development</u></p> <ul style="list-style-type: none"> • Resilience • Determination • Recognise how performances can be improved • Communication |
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Reading and Writing Opportunities (Long and Short Activities)

Creative Ideas and Hooks

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| <ul style="list-style-type: none"> Diary entry as an athlete Diary entry on a visit to an athletics competition An interview with a professional athlete Sports commentary (dialogue) Winning speech Newspaper articles | <ul style="list-style-type: none"> Listening to radio podcasts of athletes Videos of professional athletes at Olympics Olympian to visit the school with their medal/s Children and teacher to bring their own sporting medals in to present to the class Athletics magazines |
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Links to PSHCE, Equality and British Values Work

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| <ul style="list-style-type: none"> STEPS for differentiation Group work Following rules Healthy lifestyles | <ul style="list-style-type: none"> Respect myself and others Mutual respect and tolerance |
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Key Vocabulary:

Resources Available / Visits/Visitors

Useful Websites:

Run, jump, skip, throw, hop, baton, discus, false start, field, high jump, hurdles, javelin, lane, lap, long jump, relay, record, sprint, shot put, track, evaluate, warm-up, cool-down, accuracy, distance, control, fluency, consistency, co-ordination.

Cones
Relay batons
Foam javelins
High jump equipment
Running track
Potential visits from athletic Olympians
Blackburn Harriers (grassroots link)

[https://www.britishathletics.org.uk/PE Passport](https://www.britishathletics.org.uk/PE%20Passport)

Previous Knowledge

To throw underarm and overarm accurately.
To jump for distance with control.
To throw as far as possible.