

# Knowledge Organiser PE: Athletics Y3:

## Key Concepts:

Competence,  
Being Active,  
Being Healthy,  
Competitive  
Sports/Activities,  
Outdoor and adventurous  
activities,  
Vocabulary.

## Opportunities for teaching Diversity, Equality (Including protected characteristics) and expanding cultural capital:

Sports events within the Whitby  
area. Organised through Sports  
partnership with Caedmon College.

Visiting local sports venues,  
football and cricket grounds.

## Key Skills

### Running

- Identify and demonstrate how different techniques can affect their performance.
- Focus on their arm and leg action to improve their sprinting technique.
- Begin to combine running with jumping over hurdles.
- Focus on trail leg and lead leg action when running over hurdles.
- Understand the importance of adjusting running pace to suit the distance being run.

### Jumping

- Use one and two feet to take off and to land with.
- Develop an effective take-off for the standing long jump.
- Develop an effective flight phase for the standing long jump.
- Land safely and with control.

### Throwing

- Perform a pull throw.
- Measure the distance of their throws.
- Continue to develop techniques to throw for increased distance.

### Evaluation:

- Evaluate the effectiveness of own and other's performances,

## What you will have learnt at the end of our Athletics sessions:

To be able to use running, jumping,  
throwing and catching in isolation and  
in combination.

## What you will have learnt by the end of KS2:

- I can use running, jumping, throwing and catching in isolation and in combination.
- I can play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
- I have developed flexibility, strength, technique, control and balance.
- I can perform dances using a range of movement patterns.
- I am able to take part in outdoor and adventurous activity challenges both individually and within a team.
- I am able to compare my performances with previous ones and demonstrate improvement to achieve their personal best.

### Recall and Remember:

What is different about taking off from one foot and two feet?

What would we measure the distance we have jumped in?

What is the safest way of landing a jump? And Why?

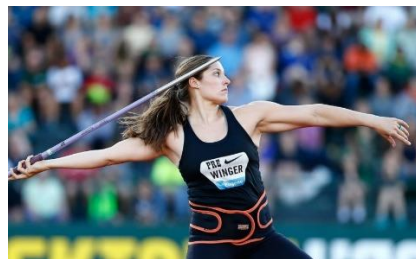
When running what should we do with our arms?

What is important when throwing?

Why is important to pace yourself when running?

### What you have already learnt in previous year groups:

To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities



### Key Vocabulary Jumping

Quick	Drive
Strong	Balance
Control	Power
Speed	Take off
Fast	Flight
Hop, skip, jump	Long jump
Triple jump	Distance

### Key Vocabulary Running

Focus	Determination
Fast	Coordination
Run	Balance
Sprint	Explosive
Jog	Power
React	Muscles
Speed	Movement
Pace	Distance
Hurdles	Trailing leg

### Key Vocabulary Throwing

Focus	Determination
Run up	Grip
Throw	Balance
Strength	Accuracy
Speed	Power
Timing	Flight
Overarm	Underarm
Preparation	Action
Follow through	

**My skills and Knowledge that I may use from other subjects:**

**Maths:** Understanding of time. Distance. Recording Data.

**Science:** The Human Body.