

Objectives covered within this unit:

To move at speed without running, understand the difference between walking and jogging.

To select and apply the most appropriate pace. Investigate sprint start.

To review and improve sprint start and sprint technique from last week. Introduce relay baton change, working as a team

Introduce throwing with a focus on overarm and sling throws

Improve our javelin and discus style throwing.

Introduce and investigate jumping in athletics.

Improve standing long jump technique and introduce triple jump: hop, step and jump. Children to work on combining actions in the correct order.

To perform a triple jump with control. Introduce technique for hurdling



PE

Athletics

Year 3 and 4

Summer 2

Health and Safety

Exercise in safe places.

Be mindful of others.

Keep your head up and look around.

Warm up and stretch properly.

Make sure liquids are kept away from the flooring.

Clear any spills up quickly and carefully.

Make sure the equipment used is set up properly.

Remove jewellery and wear suitable clothing.

Warm down properly to avoid injury.

Key Vocabulary

Run, Jump, Throw

Speed

Height

Distance

Accuracy

Fitness, Health/Wellbeing

Equipment – hurdles, skipping ropes, cones, space hoppers, beanbags, javelins, relay batons, shotput, high/long jump etc.



