

Physical Education Knowledge Organiser

Year 3 and 4 Athletics

National Curriculum links: to use running, jumping, throwing and catching in isolation and in combination

to develop flexibility, strength, technique, control and balance [for example, through athletics]

compare their performances with previous ones and demonstrate improvement to achieve their personal best

Key values and vocabulary	Learning	Breakdown of skills/success criteria
<p><u>Values</u></p> <ul style="list-style-type: none"> · resilience · evaluation <p><u>Vocabulary</u></p> <ul style="list-style-type: none"> · travelling · competitions · speed · distance · accuracy · technical · judging · consistency · measure · technique · officiate · record 	<p style="text-align: center;">Previous learning</p> <p>In year 2, children will perform fundamental movement skills at a developing level and start to master some basic movements.</p> <ul style="list-style-type: none"> · running · underarm/overarm throw · push throw · jumping for distance <p style="text-align: center;">Years 3/4 learning</p> <p>In years 3 and 4, pupils will master fundamental movement skills and start to develop athletic specific skills performing them with consistency and accuracy.</p> <ul style="list-style-type: none"> · Throwing – push, pull and sling · Hop, step and jump · Combination of jumping actions 	<p><u>Aim and success criteria of athletics for years 3/4</u></p> <ul style="list-style-type: none"> · Children should concentrate on developing good basic running, jumping and throwing techniques. · They will be set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. · Children will develop their technical understanding across all areas of athletics. · They will also be encouraged to take more responsibility for designing, organising and judging athletic events. <p><u>Breakdown of skills</u></p> <p>Running</p> <ul style="list-style-type: none"> · Definite flight phase · Stride length at max · Complete extension of support leg · Arms bent at 90 degrees and swing back and forwards in opposition to legs · Non-support knee bends 90 degrees <p>Jumping</p> <ul style="list-style-type: none"> · Arms swing back behind body in preparation · Crouch is deeper and more consistent · Arms swing forward with force during take-off and reach high · Full extension of legs and feet at take off
<p>Key knowledge</p>	<p style="text-align: center;">Future Learning (years 5 and 6)</p>	
<p>Children need to work on their throwing techniques and understanding when certain types are appropriate.</p>	<p>In years 3 and 4, pupils will master fundamental movement skills and start to develop specific athletic skills performing them with consistency and accuracy.</p> <ul style="list-style-type: none"> ➢ Throwing – push, pull and sling ➢ Hop, step and jump 	

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Encourage children to take responsibility for judging, organising and designing athletic events.

➤ *Combination of jumping actions*

· *Body leans forward at landing*

Throwing (overarm)

- *Arm is swung backward in preparation*
- *Opposite arm is raised for balance/direction*
- *Weight transfers from back foot to front foot, with a step with foot opposite to throwing arm.*
- *Definite turning of the body through legs, hips and shoulders.*

Hopping

- *Non hopping leg is used to support take off and momentum of the hop with a rhythmical action*
- *Greater body lean*
- *Arms are co-ordinated with take-off*
- *Lands and pushes off from the ball of the foot*
- *Hopping is rhythmical and continuous*

Supporting resources

Running



Jumping



Overarm throw



Hopping



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