**Year 3 P.E. Curriculum – Summer Term 2**

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| **Theme:** | | | | | | | |
| **Curriculum objectives** | | **Vocabulary** | | | | | **Links across the curriculum** |
| Athletics  To develop the sprinting technique and improve on your personal best. To develop changeover in relay events. To develop jumping technique in a range of approaches and take off positions. To develop throwing for distance and accuracy. To develop throwing for distance in a pull throw. To develop officiating and performing skills. | | **Keyword** | Definition |  |  | | Maths – Measurements and time  Science – forces and friction |
| Technique | How something should be done |  |  | |
| Take off positions | How to start a sprint |  |  | |
| Changeover | Correct way to pass the baton |  |  | |
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| **Prior Learning:**    Year 2      Athletics  To develop the sprinting action. To develop jumping for distance. To develop technique when jumping for height. To develop throwing for distance. To develop throwing for accuracy. To develop technique when taking part in an athletics carousel. | | | | **Future Learning:**  Year 4  Athletics  To develop stamina and an understanding of speed and pace in relation to distance. To develop power and speed in the sprinting technique. To develop technique when jumping for distance. To develop power and technique when throwing for distance. To develop a pull throw for distance and accuracy. To develop officiating and performing skills. | | | |
| **Lesson Sequence** | **Key Knowledge** | | | | | **Key Skills** | |
| To develop the sprinting technique and improve your personal best | Social: To support and congratulate others.  Emotional: To show determination to achieve my best.  Thinking: To understand that leaning slightly forwards helps to increase speed. Leaning my body in the opposite direction to travel helps to slow down. | | | | | Sprint on the balls of your feet moving your hands from pocket to mouth. | |
| To develop changeover technique in relay events | 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. | | | | | 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. | |
| To develop jumping techniques in a range of approaches and take off positions | 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. | | | | | Jump with balance and control by bending your knees at take off and landing.  Keep looking straight ahead when you jump. | |
| To develop throwing for distance and accuracy | 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. | | | | | Step forward as you throw to create power.  Transfer your weight from your back to your front leg. | |
| To develop throwing for distance in a pull throw | 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. | | | | | 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. | |
| To develop officiating and performing skills | 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. | | | | | 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. | |