



## Jerry Clay Academy Subject Unit Overview

**Subject:** PE – Athletics

**Year Group:** Year 3

**Term:** Summer 1

### **Core Learning of This Unit:**

- Understand and demonstrate the difference between sprinting and running.
- Know and demonstrate some throwing techniques.
- Throw with some accuracy and power into a target area.
- Perform a range of jumps, showing consistent techniques and sometimes using a short run up.
- Play different roles in small groups.
- Relate different types of activity to different heart rates and body temperatures, and use some of these activities when warming up.
- Compare and contrast performances using appropriate language.

### **Prior Learning:**

- Run at fast, medium and slow speeds, changing speed and direction.
- Link running and jumping activities with fluency, control and consistency.
- Make up and repeat a sequence of linked jumps.
- Take part in a relay activity, remembering when to run and what to do.
- Throw various objects, changing their action for accuracy and distance.
- Recognise when their heart rate, temperature and breathing rate have changed.

### **National Curriculum Statements:**

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

### **Significant People**



#### **Mo Farah**

Mo Farah is a British athlete who was the second man in history to win long-distance doubles at successive Olympic and World championships and the first in history to do the triple-double.

### **Key Vocabulary:**

- Target
- Accuracy
- Measure
- Obstacles
- Rhythm