



P.E.	Athletics	Year 3	Term: 3
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Skills	Y3 Skills
<p>Running:</p> <p>action to move quickly with the correct technique using arms and legs as effectively as possible</p>	<ul style="list-style-type: none"> • focus on arm and leg action to improve sprinting technique. • combine running with jumping over hurdles • focus on trail leg and lead leg action when running over hurdles • adjust running pace to suit the distance
<p>Jumping:</p> <p>the technique to propel the body into the air to either cover distance, height or both</p>	<ul style="list-style-type: none"> • perform different jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot • combine different jumps together • jump for distance from a standing position
<p>Throwing:</p> <p>the ability to propel an object through the air as far as possible</p>	<ul style="list-style-type: none"> • throw with control and accuracy • show control in their overarm throw • perform a push throw • develop techniques to throw for increased distance
<p>Key Vocabulary:</p> <p>sprint posture balance stamina accuracy stride technique trail leg lead leg push throw</p>	
<p>Famous Athletes: Jessica Ennis-Hill Michael Johnson</p>	<p>Equipment: howler hurdles running track shot put</p>