



Physical Education

Knowledge Organiser

Year 3/4 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
<u>Values</u> - resilience - evaluation <u>Vocabulary</u> - travelling - competitions - speed - distance - accuracy - technical - judging - consistency - measure - technique - officiate - record	Previous learning	<u>Aim and success criteria of athletics for years 3/4</u> - 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. <u>Breakdown of skills</u> Running - 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 Jumping - 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
	Years 3/4 learning	
	In year 2, children will perform fundamental movement skills at a developing level and start to master some basic movements. - running - underarm/overarm throw - push throw - jumping for distance	
Key knowledge	Future Learning (years 5 and 6)	
Children need to work on their throwing techniques and understanding when certain types are appropriate.	In years 3 and 4, pupils will master fundamental movement skills and start to develop athletic specific skills performing them with consistency and accuracy. - Throwing - push, pull and sling - Hop, step and jump - Combination of jumping actions	

Physical Education

Knowledge Organiser

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

➤ Combination of jumping actions

· Body leans forward at landing

Throwing (overarm)

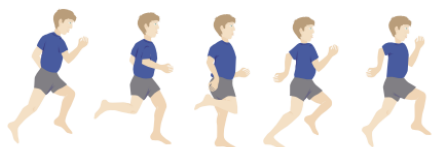
- Arm is swung backward in preparation
- Opposite arm is raised for balance/direction
- Weight transfers from back foot to front foot, with a step with foot opposite to throwing arm.
- Definite turning of the body through legs, hips and shoulders.

Hopping

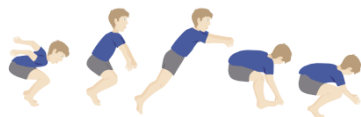
- Non hopping leg is used to support take off and momentum of the hop with a rhythmical action
- Greater body lean
- Arms are co-ordinated with take off
- Lands and pushes off from the ball of the foot
- Hopping is rhythmical and continuous

Supporting resources

Running



Jumping



Overarm throw



Hopping



Physical Education

Knowledge Organiser