




## ALMOND HILL JUNIOR SCHOOL MEDIUM TERM PLAN

**TOPIC TITLE/SUBJECT:** Athletics

**YEAR GROUP:** 3

**TERM:** Spring 2

<p><b>Vocabulary</b></p> <ul style="list-style-type: none"> <li>• Running</li> <li>• Jumping</li> <li>• Throwing</li> <li>• Sprint</li> <li>• Distance</li> <li>• Pace</li> <li>• Stamina</li> <li>• Trail leg</li> <li>• Lead leg</li> <li>• Take off</li> <li>• Landing</li> <li>• Flight phase</li> <li>• Control</li> <li>• Accuracy</li> <li>• Push throw</li> </ul>	<p><b>Skills</b></p> <p><u><b>Running</b></u></p> <ul style="list-style-type: none"> <li>• Identify and demonstrate how different techniques can affect their performance.</li> <li>• Focus on their arm and leg action to improve their sprinting technique.</li> <li>• Begin to combine running with jumping over hurdles.</li> <li>• Focus on trail leg and lead leg action when running over hurdles.</li> <li>• Understand the importance of adjusting running pace to suit the distance being run.</li> </ul> <p><u><b>Jumping</b></u></p> <ul style="list-style-type: none"> <li>• Use one and two feet to take off and to land with.</li> <li>• Develop an effective take-off for the standing long jump.</li> <li>• Develop an effective flight phase for the standing long jump.</li> <li>• Land safely and with control.</li> </ul> <p><u><b>Throwing</b></u></p> <ul style="list-style-type: none"> <li>• Throw with greater control and accuracy.</li> <li>• Show increasing control in their overarm throw.</li> <li>• Perform a push throw.</li> <li>• Continue to develop techniques to throw for increased distance.</li> </ul>	<p><b>What we already know</b></p> <ul style="list-style-type: none"> <li>• At KS1, children have practised running with a basic technique over different distances. They will have performed different types of jumps (two to one, two to two, one to two, one to same, one to other) and practised jumping as high and as far as possible. They will have practised throwing different types of equipment using underarm and overarm techniques.</li> </ul>
<p><b>Illustration</b></p> 	<p><b>Application/ Outcomes</b></p> <p>Children will practise the above skills in isolation for individual as well as team performances. They will compete as part of a team using the skills in sports day events.</p>	<p><b>Concepts</b></p> <ul style="list-style-type: none"> <li>• Body positioning</li> <li>• Pace</li> <li>• Speed</li> <li>• Stamina</li> <li>• Take off</li> <li>• Landing</li> <li>• Grip</li> <li>• Technique</li> </ul>
<p><b>Other/Cross Curricular Links</b></p> <ul style="list-style-type: none"> <li>• Maths – distance – measuring and recording, speed, time – measuring and recording, height – measuring and recording.</li> <li>• PSHCE – setting goals, challenging yourself, cooperation., relationships, teamwork.</li> </ul>	<p><b>Adaptation for SEND</b></p> <ul style="list-style-type: none"> <li>• Adapted equipment e.g. for throwing –lighter / heavier, bigger / smaller objects.</li> <li>• Simplified skills / adapted practices</li> <li>• Practising skills in isolation</li> <li>• Shorter distances</li> <li>• Less people in team situations</li> <li>• Selected learning partners</li> </ul>	