

Athletics

Key Vocabulary for Athletics

Power – the force added to an action.
Speed – how fast the body is moving.
Strength – using muscles to add force to an action.
Accurately – hitting an intended target.
Pace – how fast a movement is completed.
Control – taking care to perform an action.
Further – aiming to throw an object a longer distance.
Anaerobic – performing at the fastest speed possible without taking breathes.
Cardiovascular – the system that helps pump blood around the body.

Key Knowledge for Athletics

Running: understand that leaning slightly forwards helps to increase speed. Leaning my body in the opposite direction to travel helps to slow down.
Jumping: know that if I jump and land in quick succession, the momentum will help me to jump further.
Throwing: understand that the speed of the movement helps to create power.
Rules: know the rules of the event and begin to apply them.

Key Skills for Athletics

Running: develop the sprinting technique and apply it to relay events.
Jumping: develop technique when jumping for distance in a range of approaches and take off positions.
Throwing: explore the technique for a pull throw.

Pillars

Motor Competence - having a secure repertoire of fundamental movement skills and techniques that form increasingly complex movement patterns and sequences within domain-specific contexts.

Rules, Strategies and Tactics - having an increasingly complex tactical knowledge, knowledge of context-specific rules, conventions, regulations and strategies and knowing how to be successful across a range of activities and sports.

Healthy Participation - understanding and demonstrating how to safely prepare and participate in increasingly specific contexts, and the short-term and long-term impacts of sport and physical activity.

PE Year 3: Autumn 1

Key Questions

Athletics

What are the specific actions of an effective running technique?
Why is it important to congratulate others and be supportive?
What helps us keep an even pace?
What's the best technique when jumping for height and distance?
How do throwing activities develop strength?
What are the best techniques for a pull throw?

Teambuilding

Why is communication essential when working towards a shared goal?
How can we build trust when our partner is blindfolded?
What non-verbal skills are most effective?
What makes a good communicator?
How can we make our instructions effective?
How do we orientate a map?

Teambuilding OAA

Key Vocabulary for Teambuilding

Communication – talking amongst your team mates in a positive, constructive manner.
Route – the path that you choose to take.
Trust – allowing your team mates to take control of a part of the task.
Navigate – finding your way to a specific point.
Grid – squares used to separate a map.
Discuss – talk to your team mates and listening to their ideas.
Plan – work together to make decisions or plan a route.
Obstacle – an object in your way.
Reflect – discussing your performance after the activity.

Key Knowledge for Teambuilding

Problem solving: know that trying ideas before deciding on a solution will help us to come up with the best idea.
Navigational skills: know to hold the map so that the items on the map match up to the items that have been placed out.
Communication: know to take turns when giving ideas and not to interrupt each other.
Reflection: reflect on when and why I am successful at solving challenges. Rules: know that using the rules honestly will help to keep myself and others safe.

Key Skills for Teambuilding

Problem solving: discuss how to follow trails and solve problems. Work with others to select appropriate equipment for the task.
Navigational skills: identify where I am on a simple map. Use and begin to create simple maps and diagrams and follow a trail.
Communication: follow and give instructions and accept other peoples' ideas.