



PE – Athletics – Year 3/4

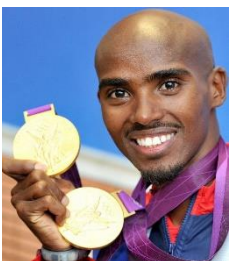
Key Learning

1. To begin to know how to build a variety of running techniques.
2. To know to perform a running jump with more than one component.
3. To know how to perform a standing jump with the correct technique.
4. To know how to throw and catch.
5. To be able to execute a two footed speed bounce with accuracy and control.

Vocabulary

Sprint	Running as fast as you can over a short distance, like in a 50m race.
Relay	A team race where each runner takes turns and passes a baton to the next teammate.
Jump	Using your legs to push off the ground and move into the air.
Throw	Using your arm to send an object like a ball, beanbag, or javelin as far as you can.
Warm Up	Light movements and stretches that help get your body ready to move and prevent injury.
Take Off	The moment your feet leave the ground during a jump, like in the standing long jump.
Race	A competition to see who can run a certain distance the fastest.
Grip	The way you hold the javelin or another object before you throw it.
Push	Using your hands and upper body strength to throw something forward, like in the chest push.
Run Up	A short run before you throw the javelin to help build speed and power.

Key Athletes



Sir Mo Farah

Mo Farah is a British long-distance runner, a four-time Olympic gold medallist, known for his dominance in the 5,000m and 10,000m track events.

Christine Ohuruogu

Christine Ohuruogu is a British Olympic gold medallist and World Champion in the 400m, known for her powerful finishes and remarkable consistency on the track.



PUSH

