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| **Goonhavern Primary School** | | |
| **TOPIC: PE** | **YEAR: 3** | **STRAND: Athletics** |

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| **What should I know already?** | **What will I know by the end of the unit?** |
| Best technique for throw a variety of objects (e.g. javelin, football, beanbag, tennis ball, howler)  How to throw accurately to hit low, high, distant and moving targets  How to perform and compare different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.  How to combine different jumps together with some fluency and control.  How to jump for distance from a standing position with accuracy and control  How to run at different paces, describing the different paces.  How to use a variety of different stride lengths.  How to begin to select the most suitable pace and speed for distance.  How to vary the speed and direction in which they are travelling.  How to run with basic techniques following a curved line.  Be able to maintain and control a run over different distance | Focus on their arm and leg action to improve their sprinting technique. |
| Begin to combine running with jumping over hurdles. |
| Focus on trail leg and lead leg action when running over hurdles. |
| Understand the importance of adjusting running pace to suit the distance being run. |
| Use one and two feet to take off and to land with. |
| Develop an effective take-off for the standing long jump. |
| Develop an effective flight phase for the standing long jump. |
| Land safely and with control |
| Throw with greater control and accuracy. |
| Show increasing control in their overarm throw. |
| Perform a push throw. Continue to develop techniques to throw for increased distance. |
| **School Values** | |
| **Five Ways to Wellbeing** | |

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| **Vocabulary** | |
| Sprint | Faster speed than a run |
| Hurdles | Barriers to jump over |
| Trail leg | Leg that goes last |
| Lead leg | Leg that goes first |
| Pace | The speed you are moving |
| Take off | How you begin a jump |
| Flight phase | What happens whilst you are in the air |
| Push throw | Where the ball is pushed away from your chest |

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| **Image/diagram that helps me to articulate my knowledge/understanding** | **Investigate!** |
|  | Practise activities leading up to Sport’s Day  Throwing Games:  <https://www.sportaus.gov.au/__data/assets/pdf_file/0006/703941/How-high.pdf>  <https://www.sportaus.gov.au/__data/assets/pdf_file/0011/703955/long-throw.pdf> |