

# COMPETING EDSTART

## Year 3 - Intro to Athletics Unit of Work

**Pupils will be taught...**

### Overall Learning Outcomes (Endpoints)

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**Children can:**

- **Change direction quickly**
- **Run efficiently using the correct technique**
- **Accurately throw a small piece of athletic equipment for distance**
- **Understand to transfer their body weight from back to front to generate more power when throwing**
- **Understand the basics of jumping and landing**
- **Use the upper body to gain distance on the jump**
- **Understand that when running for distance they must pace themselves in order to complete the distance set**

### Learning Objective

### Learning Outcomes

**1 To introduce speed, agility and quickness**

**Children can:**

- Change direction quickly
- Work on being more agile when running and turning
- Start to understand the correct footwork needed when running

**2 To introduce sprinting from a starting position**

**Children can:**

- Know how to sprint start
- Understand to run flat out all the way across the finish line
- Slightly lean body forward when they run, while swinging their arms in a straight line from the shoulder

**3 To introduce the throwing of small pieces of athletic equipment for distance**

**Children can:**

- Throw a variety of small athletic pieces of equipment for distance
- Understand to transfer their body weight from back to front to generate more power when throwing

**4 To introduce the technique of jumping for distance using a set footwork pattern**

**Children can:**

- Understand the basics of jumping and landing
- Use their upper body to gain distance on the jump
- Jump for distance when using a two footed jump approach

**5 To introduce the ability of running for distance**

**Children can:**

- Understand that when running for distance they have to pace themselves in order to complete the distance set
- Give a last push to the finish line in the closing stages

**6 To perform in a Mini Sports Day, using events and techniques shown**

**Children can:**

- Perform in a variety of events against other pupils
- Know what each event entails

### Assessment Mark

### Requirements

#### Working Towards

- Understand basic rules
- Retain key information
- Use fundamental movements (Jog, jump, hop, balance, skip, side to side, change of direction)
- Recognise and name some athletic events and techniques

#### On Target

- Demonstrates existing basic running, throwing and jumping skills
- Shows some control and coordination when running and performing a jump or throw
- Can follow step-by-step instructions to learn new techniques with some success
- Can work as part of a team

#### Above Target

- Shows developed running, jumping and throwing skills
- Demonstrates increasing control and coordination when running, jumping or throwing
- Can identify aspects of how a skill has been performed
- Can copy actions to learn new techniques with some accuracy, control and fluency
- Combines new skills and techniques with increasing success when participating in running, throwing and jumping events

#### Excelling

- Competes/demonstrates an ability to compete at an elite level
- Shows control, power, fluency, and coordination when running or performing a jump or throw
- Shows excellent leadership qualities and communication when working within a group
- Can identify areas of improvement within their own and others' techniques and offers advice

To be **ON TARGET**, pupils must achieve all bullet points from **WORKING TOWARDS** and at least 3 bullet points from **ON TARGET**.

To be working **ABOVE TARGET**, pupils must achieve all points from **WORKING TOWARDS** and **ON TARGET** as well as at least 3 bullet points from **ABOVE TARGET**.

To achieve **EXCELLING**, pupils must achieve all bullet points from **WORKING TOWARDS**, **ON TARGET** and **ABOVE TARGET** as well as at least 3 bullet points from **EXCELLING**.