

EDSTART KNOW

- I can explain what makes an effective sprint start and why reaction time is important.
- I can describe how to use coordination and control to improve my running and jumping technique.
- I can understand how to perform different athletic movements safely and effectively.

EDSTART GO

- I can show good reaction times and use an effective sprint start during races.
- I can perform a developed running technique for sprinting, showing rhythm, coordination, and control.
- I can demonstrate good control and balance when performing different jumping activities.

EDSTART SHOW

- I can perform confidently in a range of athletic events, using the correct technique.
- I can show determination, effort, and focus to achieve my personal best.
- I can compare my performance and identify ways to improve my speed, distance, and control.

Key Vocabulary

**speed, endurance,
technique, distance,
reaction, rhythm,
power, precision**

Role Models



**Holly Bradshaw –
GB Pole Vaulter, Olympic
Bronze Medallist**



**Zharnel Hughes –
British Sprinter,
European Champion**

What do we know about Athletics?

Athletics includes running, jumping, and throwing events that test speed, strength, and coordination. It has been part of the Olympic Games since ancient Greece. Modern athletics helps children learn about fairness, effort, and goal setting. Events like sprints, relays, and long jumps encourage everyone to do their personal best. In the UK, England Athletics supports schools in building enjoyment and participation in the sport.

In Year 3 we learnt

- to use the upper body to gain distance on the jump.
- to understand that when running for distance they must pace themselves to complete the distance set.
- to transfer their body weight from back to front to generate more power when throwing