

# Year 3 - Intro to Athletics Knowledge Organiser

COMPETING  
EDSTART

## EDSTART KNOW

- I can explain how to run, throw, and jump safely and with control.
- I can describe the correct running technique using my arms and legs in rhythm.
- I can explain how to land safely after jumping to stay balanced.

## EDSTART GO

- I can run efficiently, keeping my body upright and using my arms to help my movement.
- I can throw a small piece of equipment (like a beanbag, vortex, or foam javelin) for distance using the correct technique.
- I can jump and land with control, bending my knees to absorb impact.

## EDSTART SHOW

- I can perform running, throwing, and jumping activities with good control and effort.
- I can show determination and fairness when taking part in races or challenges.
- I can work well with others, showing enjoyment and encouragement during athletics events.

## Key Vocabulary

**speed, agility,  
balance, power,  
control, stamina,  
technique, distance**

## Role Models



**Dina Asher-Smith –  
British Olympic Sprinter**



**Tom Bosworth –  
GB Race Walker and  
LGBTQ+ Ambassador**

## What do we know about athletics?

Athletics includes running, jumping, and throwing events. These test strength, balance, and coordination. The first Olympic Games in ancient Greece included athletics more than 2,000 years ago. Today, children enjoy similar activities in sports days and PE lessons. Athletics teaches perseverance, self-improvement, and celebrating everyone's effort.

## In Year 2 we learnt

- **to accurately throw a small piece of athletic equipment for distance.**
- **to understand the basics of jumping and landing.**
- **to follow set rules for races and be able to put together all their basic movement skills.**