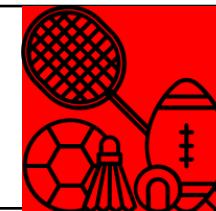


Objectives and Sticky Knowledge

Previous Knowledge Recap:

- 1.Can describe the ABC's relating to movement.
- 2.Can join teams without any problems during an activity.
3. Can identify why our bodies sweat and how this effects our need for water.



Land Objectives and Sticky Knowledge:

To use different speeds and changing direction	To use jumping accurately with control and balance	To throw accurately to a teammate using a variety of throws.
<p>*know the difference between slow, medium and fast speeds.</p> <p>*know how to change speed and direction well.</p> <p>*know what a relay is</p>	<p>*know how to link running and jumping activities</p> <p>*Know what fluency and control are and how to be consistent with this</p> <p>*know what a short sequence of jumps is</p>	<p>*know how to throw in different ways using different objects such as under arm, over arm, chest push</p> <p>*know the definition of accuracy and distance</p>

Links with 'Communication' Golden Thread:

Links with CST and CKA Values Crown:

Year 3 PE Athletics Knowledge Organiser

Subject Specific Vocabulary

Speed	To move quickly
Acceleration	To go from still to moving at speed as fast as possible
Hurdles	An obstacle that a runner may have to jump over during a race
Reaction Time	How quickly you react to a stimulus
Track	Events that involve running, usually on the running track
Field	Events that are based around jumping and throwing
Finishing Line	The point at which the timer stops—You DO NOT STOP HERE!
Lanes	The running area that you are allowed in
Endurance	Being able to repeat a specific movement—running a long distance
Power	Force generated by your body to help move it.
Momentum	Creating speed that is used to transfer into power for a jump, throw or to gain top speed as quickly as possible
Relay	Working as a team to complete a race with a baton.



Sky Objectives:

1. Can describe the ABC's relating to sporting movement.
2. Can encourage other children during an activity.
3. Can describe what happens to our heart rate when exercising.