
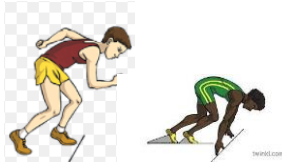
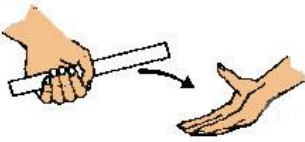
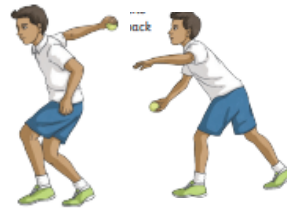


Year 3 – Athletics	Knowledge	Vocabulary
	<p>Know the correct running technique:</p> <ul style="list-style-type: none"> • Keep back straights • Head up, facing forwards • Pump the arms – elbows bent keeping close to the body • Lift knees but not too high • Opposite arm and opposite leg to be raised at the same time • The balls of our feet should be hitting the floor (flat footed means less speed)  <p>Know then we in a sprint race, we must stay in our lane.</p> <p>Know that acceleration is a sudden increase in speed. Our acceleration will be from our still starting position to sprinting.</p> <p>Know the correct starting position:</p> <ul style="list-style-type: none"> • Standing – bend knees, lean over so the head is over the knees. • Crouched – feet slight separated with one behind the other- strong foot behind the weaker foot, back straight- body weight forward allowing your momentum to take your forwards and not upwards  <p>To accelerate we must:</p> <ul style="list-style-type: none"> • Keep our body low, take shorter strides, drive our arms to develop extra speed <p>Know that relay races are run in teams of 4 and they pass a baton to each other when it's time for the next runner to go.</p> <p>Know how to have an effective changeover:</p> <ul style="list-style-type: none"> • While waiting, hold hand out behind with palm pointing up so that we can receive the baton more efficiently  <p>Know how to avoid colliding with a teammate when changing over:</p> <ul style="list-style-type: none"> • Teammate waiting will stand on the left of the lane • The sprinter with the baton will hold it in their right hand and finish on the right hand side of the lane <p>Relay tactics:</p> <ul style="list-style-type: none"> • A common order of runners is second fastest – third fastest – slowest – fastest 	<p><u>Session 1</u> Sprinting Lane Race</p> <p><u>Session 2</u> Acceleration Starting position Standing Crouched Short strides</p> <p><u>Session 3</u> Relay Baton</p> <p><u>Session 5</u> Accuracy Underarm</p> <p><u>Session 6</u> Safe landing</p>

Underarm throw for accuracy

- Face the direction you are throwing in
- Hold your throwing arm straight behind your body
- Swing your arm forwards from low to high
- Step forward as you swing your arm
- Fingers of non-throwing hand pointing at target
- Release the ball when it is at your waist



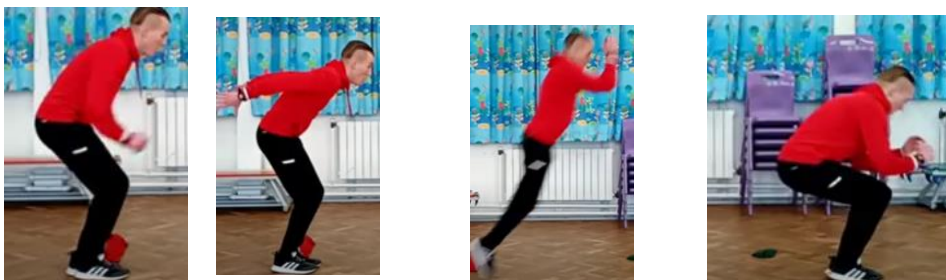
Know how to perform an overarm throw for distance:



- Stand sideways on to the direction you are throwing
- Non-throwing arm out in front pointing at your target
- Raise the throwing arm behind your head at shoulder height – elbow bent
- Step towards your target with the opposite foot to the throwing arm
- Bring throwing arm forwards releasing the ball when it is in line with your head

Know the correct jumping technique:

- Head facing forwards at all times
- Both feet flat on the floor
- Knees bent
- Back straight
- Swing arms back and push them forwards
- As the arms come forward, straighten the legs and lift off the ground
- Land with knees bent and back straight



Know that we keep our head facing forwards when jumping to help maintain our balance.

Know that we swing our arms to increase the power we produce – allowing us to jump higher or further.

Know that we bend our knees when landing to keep our bodies safe – this takes the strain off our backs.

Year 3 – Athletics – Sum 1

Vocabulary List

Sprinting – running at full speed (usually over a shorter distance)

Lane – the space in which a runner is allowed during a race

Race – a competition between runners to see who is fastest

Acceleration – to gain speed

Starting position – the position in which a runner begins a race

Crouched – a position where the knees are bent and the upper body is leaning forwards

Short strides – to move by taking short steps with the legs

Relay - a race between teams where usually four runners each run a different section

Baton - a short stick that is passed on from one runner to another during a relay race

Safe landing – when jumping, landing with bent knees and a straight back