



**Physical Education – Summer 2 - Cycle B 2023/24 – Class 3 – Y3/4 Athletics**



	Markers for Assessment	Below	Above
<p><b>Substantive Knowledge (NC)</b></p> <ul style="list-style-type: none"> <li>• use running, jumping, throwing and catching in isolation and in combination</li> <li>• develop flexibility, strength, technique, control and balance</li> <li>• compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> <p><b>Character</b>            Resilience - To willingly have a go at the activities. To improve my performance and not worry about other people.            Resilience - To persevere and try to improve my throwing skills through sustained effort.            To learn from my mistakes and ask for feedback so that I can improve.            Evaluation - To recognise strengths and areas for improvement in your own performance.</p> <p><b>Disciplinary Knowledge</b>            To explore different running techniques.             To develop jumping actions (two feet to two feet for distance).             To throw for distance using a pull, push and sling throw.             To pass a quoit/baton to a teammate in a relay.             To perform a hop, step and jump.            To perform a combination of 5 jumps.</p> <p><b>Y3 Skills for assessment</b>  <b>Y4 plus ALL Y3 Assessment markers</b></p>	<p><b>Markers for Assessment</b>            Can run, jump, throw and catch with some technique and control.             Can compare their performances with previous ones and demonstrate improvement.             Can persevere and improve throwing skills through sustained effort, learning from mistakes and feedback to improve.</p>	<p><b>Below</b></p>	<p><b>Above</b></p>
<p><b>Prior Substantive Knowledge</b>            Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p><b>Prior Disciplinary Knowledge</b>            To throw using a push and two-handed throw for distance.            To jump for distance with control.</p>	<p><b>Vocabulary</b>            Technique, baton, quoit, combination, sling throw, resilience, sustained effort, feedback, strengths, improvement</p>		

<p><b>To throw using an underarm and overarm throw for distance and accuracy.</b></p> <p><b>To complete an obstacle course with speed and agility.</b></p>	
<p><b>Questions (potential 'hook' questions for lessons)</b></p> <p>What is resilience?</p> <p>Which is the best position to stand in to throw?</p> <p>What did you do to improve your accuracy?</p> <p>Does the height of the throw effect the distance you achieve?</p> <p>How can you use your body to generate force when throwing?</p> <p>What can we do to improve our performance from last time?</p> <p>Which equipment is best with which technique?</p>	<p><b>Cross-Curricular/Enrichment</b></p> <p><b>ENGLISH</b></p> <p>Speaking and listening – communicating effectively</p> <p><b>Diamond 9</b></p> <p>collaboration, challenge, resilient</p> <p><b>SCIENCE</b> – Healthy bodies &amp; the effects of exercise on the body</p> <p>Patterns and data handling/collection</p> <p>Maths – Scoring and measuring distances.</p>