



### Unit Purpose

The unit of work will explore how we can use our bodies to run as fast as possible, exploring the correct technique individually and within teams.

Pupils will also begin to examine how to jump as far as possible and compare throwing accurately with throwing for distance.

### Inspire Me

One of the greatest moments in sporting history happened on the 4 August 2012, when Team GB athletes **Jessica Ennis-Hill**, **Greg Rutherford** and **Mo Farah** all won gold medals at the London Olympics.



### Key Success Criteria

- P** Pupils will develop their ability to run and jump as fast/far as possible with the correct techniques and throw for distance exploring the most effective technique.
- C** Pupils will apply an understanding of how to use the correct technique for running fast, jumping far and throwing for distance and why it is so important.
- S** Pupils will develop life skills such as cooperation and encouragement as they collaborate with others and support each other to develop their techniques.
- W** Pupils will apply their skills with developing confidence as they grow in their ability to show integrity and determination.



### Vocabulary for Learning

**Tactics:** Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

**Speed:** Is the ability to move all or part of the body as quickly as possible. Speed is vital to success when sprinting or throwing an object.

**Acceleration:** is how quickly an athlete can increase their speed over a distance. For example this might mean how quickly an athlete ran over 10m starting from a stationary position.

**Distance:** is defined as the length of space between two points. This might mean how far an athlete has to run, how far an athlete has thrown an object, or how far an athlete has jumped.

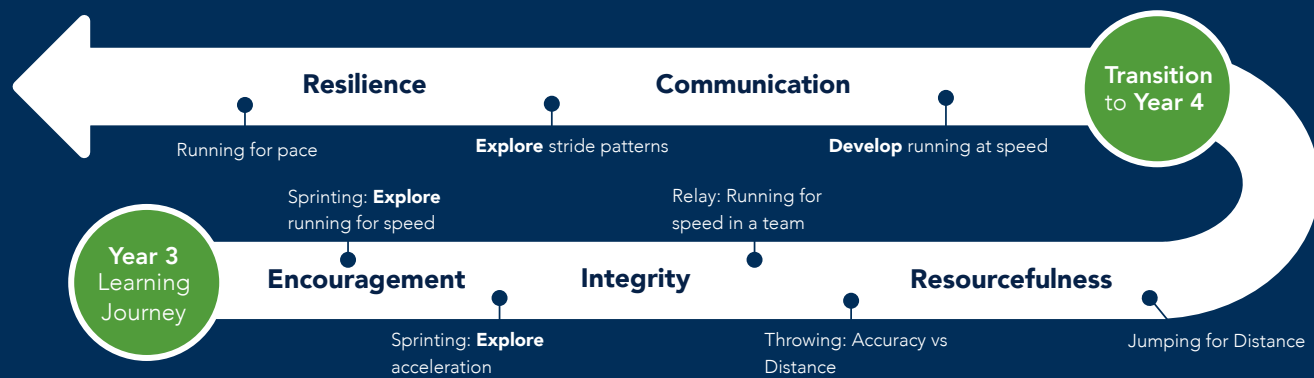
**Accuracy:** is the ability to control where we throw an object.



### Sport Specific Vocabulary

**Relay:** A relay is a running race where members of a team take turns to complete parts of the race.

**Change Over:** A change over is where two athletes from the same team pass a baton between one another while running as fast as possible. Athletes cannot throw or drop the baton.





# Physical Education Cricket Year 3

## Unit Purpose

The unit of work will **explore** how to **apply** the principles of **attack vs defence** in a cricket context. Pupils will learn how to utilise fielding skills to keep the batter's score as low as possible. Pupils will also explore batting skills to **outwit** the fielders and score as many runs (points) as possible.

## Inspire Me

**Sachin Tendulkar** or the Little Master is a former Indian cricketer and the highest run scorer of all time in international cricket. He is the only player to have scored one hundred international centuries.



## Key Success Criteria

- P** Pupils will develop their throwing, catching and batting skills to outwit their opponents and win the game.
- C** Pupils will demonstrate a growing understanding of the difference between attack and defence (batting and fielding).
- S** Pupils will develop life skills such as respect and cooperation as they collaborate with others including their opponents.
- W** Pupils will apply their skills with developing confidence as they grow in their ability to show self motivation and determination.



## Vocabulary for Learning

**Throwing:** means using your arm/hand to propel a ball with force through the air to a specific target or area.

**Catching:** means holding the ball with our hands that is hit or thrown to us. This includes holding a ball struck by a batter before it touches the ground.

**Outwit:** means using your intelligence to trick or out smart your opponent or the other team.

**Strike:** means hitting the ball with a bat with the purpose of scoring runs.



## Sport Specific Vocabulary

**Batting:** Batting is the skill of hitting a ball with a bat into a space to score runs. The aim of the game for the batter (attacking team) is to score as many runs as possible.

**Fielder:** A fielder is a defensive position that is occupied while the other team are batting. The aim of the fielding team (defending team) is to keep the batters score as low as possible.

**Out:** is a form of dismissal which occurs when the batters period of batting is brought to an end by the opposing team.

