



Somerset Bridge Primary School
Aspire - Brave - Care - Collaborate

PE Summer: Year 3 Athletics

Jumping

Safe landing

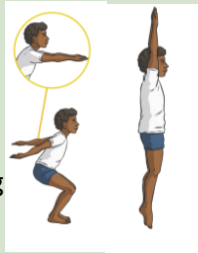
When carrying out any sort of jump, it is important to know how to land safely and in control, so you don't injure yourself.



- If landing on two feet, make sure both feet land at the same time with your weight evenly spread.
- Hold your arms out in front of you or to the side to balance.
- Bend your ankles, knees and hips as you land to absorb the impact.
- Stay on your feet as you land.

Take-Off

When carrying out any type of jump, you will be able to jump higher or further when you use a good technique for taking off.



- Start with your arms behind you and swing them forwards and up.
- Bend at the hips, knees and ankles.
- Extend the ankles, knees and hips to achieve power in the take-off to explode like a rocket in the sky!
- Remember to land safely.

Key Skills

- To explore running, jumping and throwing activities as well as developing balance, agility and coordination.
- To use my body and a variety of equipment with greater control and co-ordination.
- To experiment with different ways of travelling, throwing, and jumping to increase awareness of speed and distance.
- To recognise and describe what my body feels like during different types of activities.
- To choose skills and equipment to help them meet the challenges set.
- To use my ability to evaluate others to improve my own work.

Equipment

Shot put
Hurdles
Javelin
Discus
Egg and spoon
Sack



Key Vocabulary

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Agility	The ability to change the direction of the body in an efficient and effective manner.	
Balance	The ability of having an upright position.	
Coordination	The ability to control the movement of your body.	
Distance	How far away something is.	
Steady pace	To move at a constant speed.	
Take-off	The first phase of a jump where the athlete is preparing to leave the ground.	
Safe landing	When an athlete jumps and lands safely.	
Fundamental movement skills	The skills that build the base for more complex sports such as running, throwing, catching, kicking and striking.	

Year 3 Sports Day Events

Sprint races

Javelin

Shot put

Discus

Long jump

Triple jump

Sack race

Obstacle race

Egg & Spoon