



Welwyn St Mary's Primary School Believe and Achieve



Year 3 4 indoor athletics

Key Knowledge

Learn these key facts—key points in red

Jumping



Long jump and 5 strides—**how far** can you go in

Long jump—1 jump

5 strides—5 steps



Vertical jump—**how high** can jump?



Speed Bounce—in 20 seconds **how many** 2 footed side to side jumps can you do?



Throwing

Chest push—using a basketball—**try to send it as far as possible.**



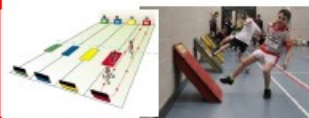
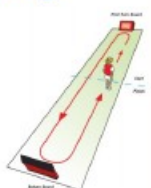
Overarm Throw—shuttlecock / foam javelin used.

How far can you throw it?



Running

Running starts in the middle of the hall goes to one end then the other and back to the middle (1 lap) - sometimes obstacles are on the track too. Individual or as a team



Key Vocabulary

Understand these key words

Word	Definition
Speed	To move quickly
Acceleration	To go from still to moving at speed as fast as possible
Momentum	Creating speed that is used to transfer into power for a jump, throw or to gain top speed as quickly as possible
Turning Board (Return board)	Designed to help you turn at a wall as quickly as possible.
Reaction Time	How quickly you react to a stimulus
Agility	The ability to speed up / slow down and change direction.
Finishing line	The point at which the timer stops—You DO NOT STOP HERE!
Obstacle	An object such as a hurdle, post, tunnel or speed bounce.
Consistency	Being able to perform the same skill accurately repetitively.
Accuracy	Using aim to get objects to a target
Power	Force generated by your body to help move it.
Relay	Working as a team to complete a race with a baton.

Competition Focus

Elite competitions take place all over the world on indoor tracks which are a 200m oval with a 60m sprint track in the middle.



Events:

60m, 60m hurdles, 400m, 800m, 1500m, 3000m. High jump, long jump, triple jump, pole vault, shot put and Heptathlon (men) / pentathlon (women)

British Indoor

European Indoors

World Indoors