

# Year 3 Magpies

## PE

### Summer 1

# Athletics

## Rounders

### Athletics knowledge ladder



Running  
Leaning slightly  
floor forwards helps  
to increase speed.  
Leaning your body  
in the opposite  
direction to travel  
helps to slow down.

Jumping  
If you jump in land  
quickly it will help  
you to jump further.

Throwing  
The speed of the  
movement helps  
to create power.  
So, moving from  
slow to fast will  
help you grow  
further.

	Key Vocabulary	Definition
athletics	athletics	A collection of sporting events that involve running, jumping, throwing and walking. Most athletic events are either 'track' or 'field' events.
	flight	The movement of the body through the air with feet off the ground.
	jumping	Technique to propel the body into the air to either cover distance, height or both.
	propel	To push or drive something move forwards or in a particular direction.
	running	An action to move quickly with the correct technique, using arms and legs effectively.
	throwing	To propel an object through the air as far as possible.
	transfer of weight	Create power by moving body weight from back leg to front leg.
rounders	accuracy	To be able to throw the ball in the direction that you want it to go.
	bowler	The player who bowls the ball.
	donkey drop	A type of bowl that goes high and drops suddenly.
	fielder	Team member who retrieves the ball and tries to prevent the other team scoring.
	obstruction	When a fielder gets in the way of the batter as they are running around the rounders pitch.
	rounder	Point scored during the game.
	spin	To make the ball twist as you bowl it.

### Official athletic events<sup>7</sup>

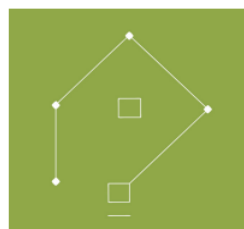
Running	Jumping	Throwing
Sprinting 100m, 200m, 400m	Long jump	Discus
Hurdles	Triple jump	Shot
Relay	High jump	Hammer
Middle distance 800m, 1500m	Pole vault	Javelin

In jumping events, players must take off before the line. Jumps are measured from the take off line to the body that touches the ground.

In throwing events, throw must be taken from behind a throw line and are measured from the throw line to where the object first lands.

### Rounders field

Rectangular with areas marked out for the batter and bowler to stand. There are four posts which batters must the whole way around to score a rounder. The batter must stay in the batter's box until the ball is in play.

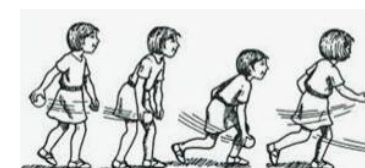


### Batting in rounders



Keep the bat away from your body. Hands chest high, in front of your rear. Front elbow level with your hands holding the bat.

### Underarm throwing technique



The underarm throw is used for bowling in rounders, across short distances. When fielding in rounders use an underarm throw for short distance throws.

### Overarm throwing technique



Overarm throwing is used in rounders when fielding and the ball needs to travel a great distance.

### Rounders knowledge ladder

#### Catching

Move your feet to the ball.

#### Throwing

Being balance before throwing will help to improve the accuracy of the throw.

#### Fielding

Look at where a batter is before deciding what to do. Communicate with teammates before throwing to them.

#### Striking

Striking the ball to space away from fielders will help you to score.