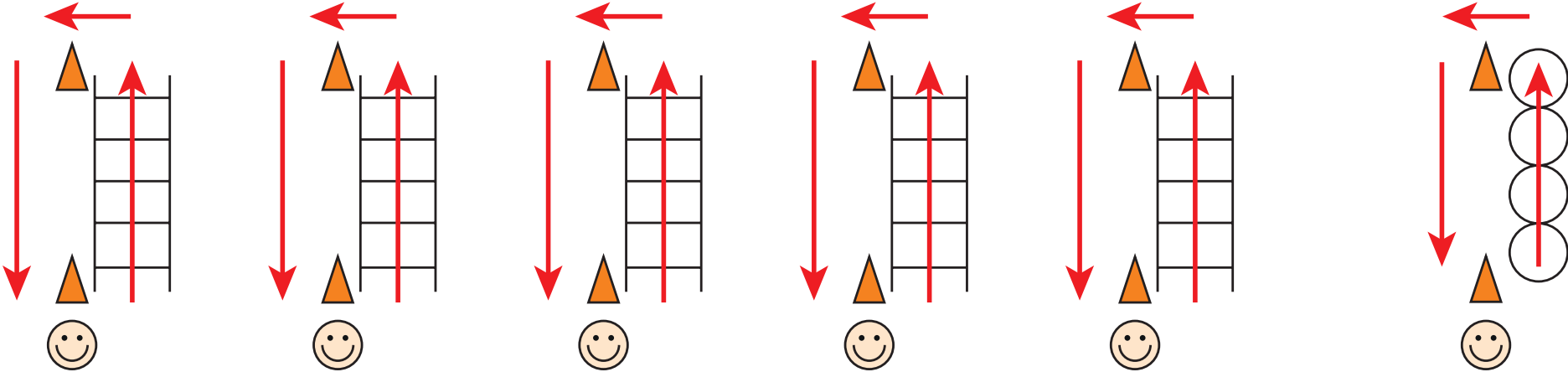


# RESOURCE CARD: **ATHLETICS:** YEAR 3

**RELATES TO: WEEK 1**

## MAIN LESSON & GAME/COMPETITION: AGILITY AND RACES



Use hoops if you don't have ladders

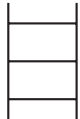
### KEY



Where the player moves to



Cone



Agility Ladder



Hoop



# RESOURCE CARD: ATHLETICS: YEAR 3

RELATES TO: WEEK 2

## MAIN LESSON: ONE, TWO AND MULTI-LEG JUMPS

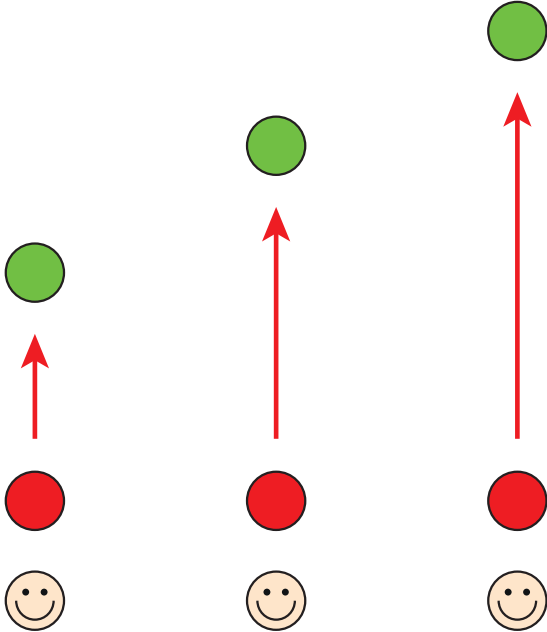


Who can jump the furthest on one leg?



Who can jump the furthest on two legs?

## GAME / COMPETITION: TARGET JUMP



### KEY



Player



Where player moves to

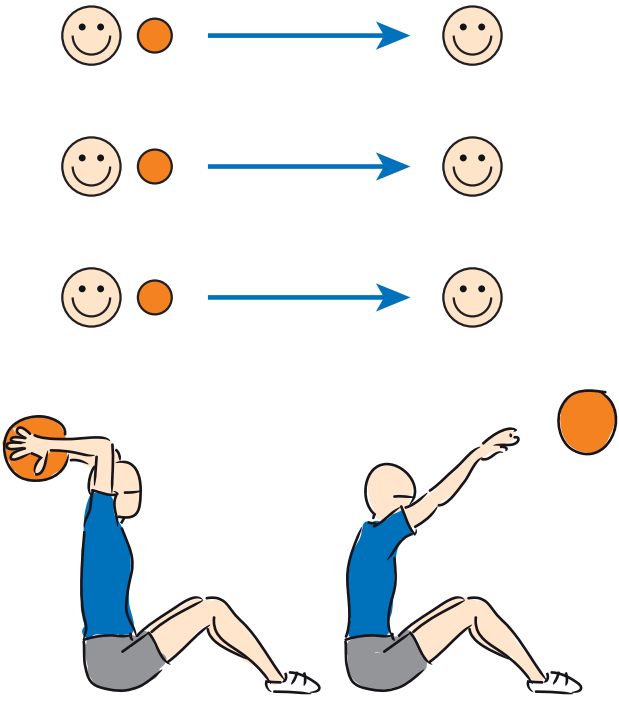


Floor Spots

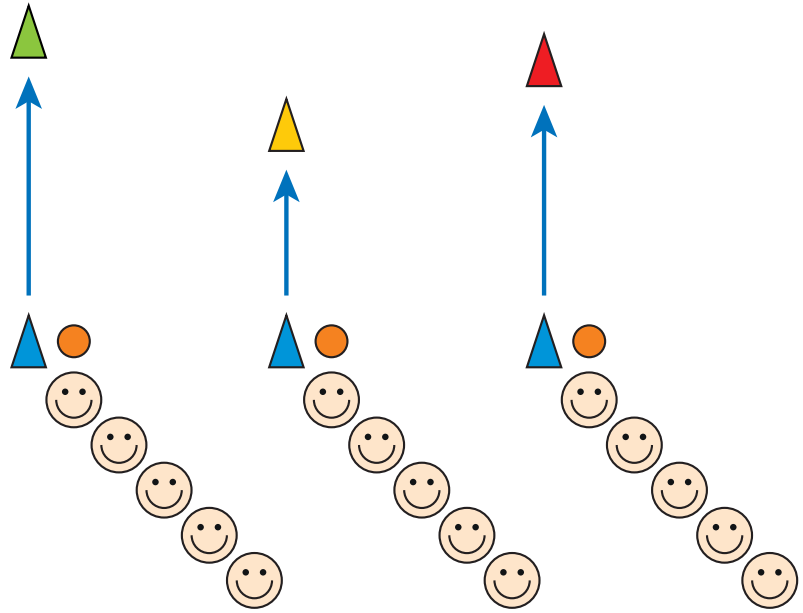
# RESOURCE CARD: ATHLETICS: YEAR 3

RELATES TO: WEEK 3

## MAIN LESSON: SEATED OVERHEAD THROW



## GAME / COMPETITION: SEATED OVERHEAD THROW – PERSONAL BEST



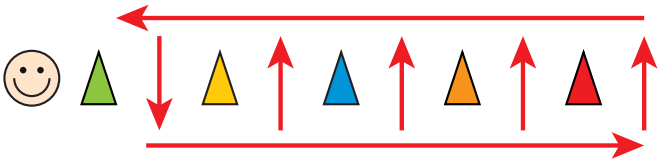
### KEY



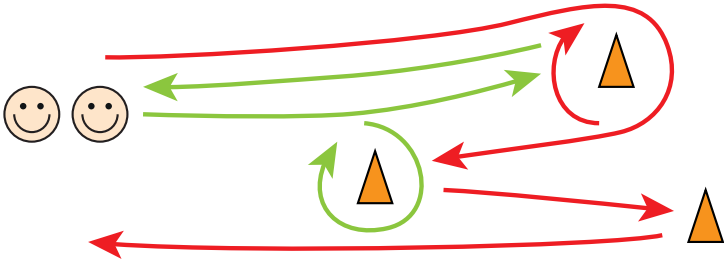
# RESOURCE CARD: ATHLETICS: YEAR 3

RELATES TO: WEEK 4

## MAIN LESSON: FIVE-CONE PAARLAUF & SIX-CONE RELAY

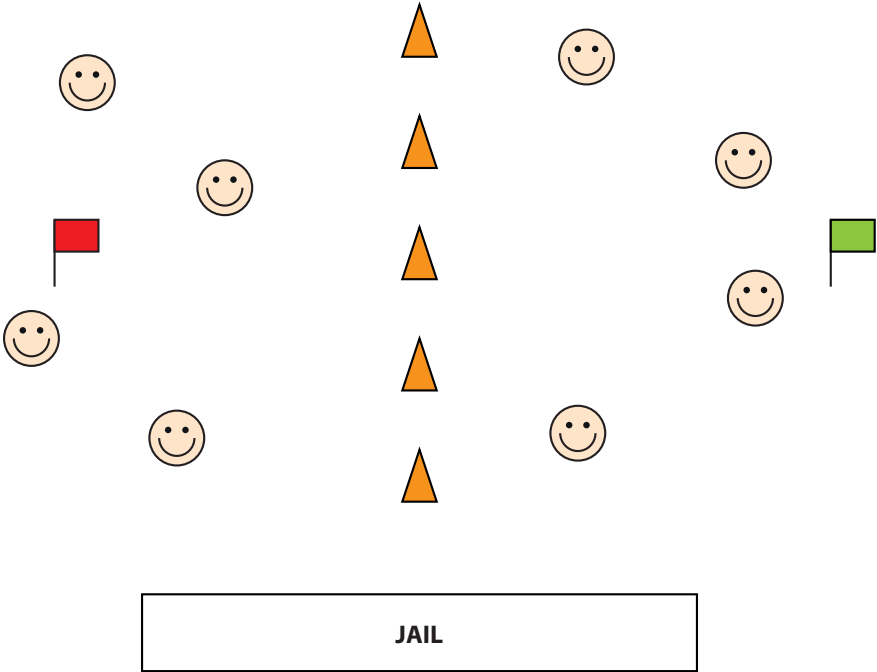


FIVE-CONE PAARLAUF



SIX-CONE RELAY

## GAME / COMPETITION: CAPTURE THE FLAG



### KEY



Player



Where player 1 moves to



Where player 2 moves to



Cone

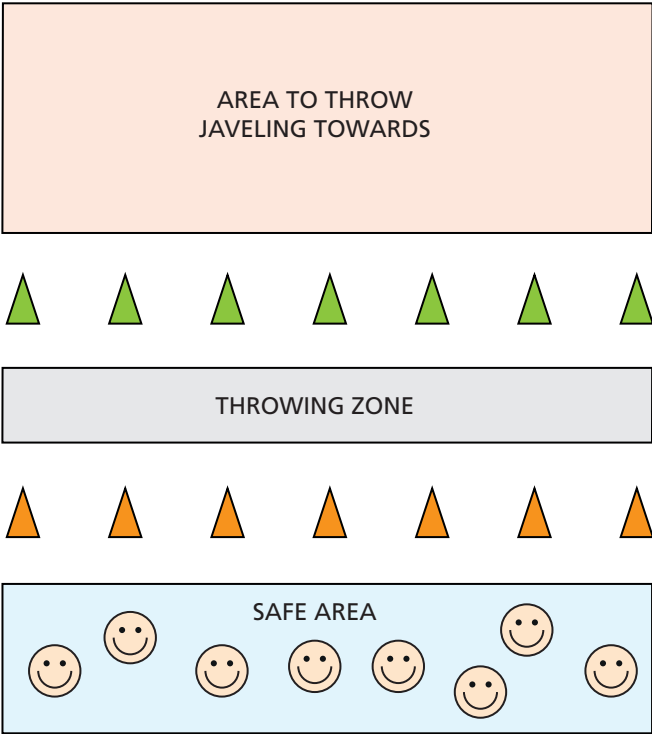


Flag

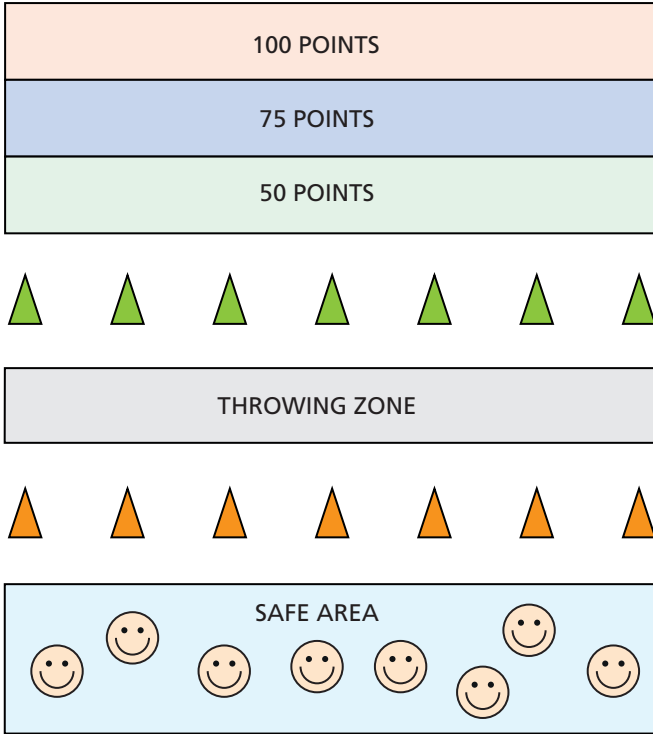
# RESOURCE CARD: **ATHLETICS**: YEAR 3

RELATES TO: **WEEK 5**

## MAIN LESSON: THROWING JAVELIN IN A SAFE AREA



## GAME / COMPETITION: TARGET THROW



### KEY



Player

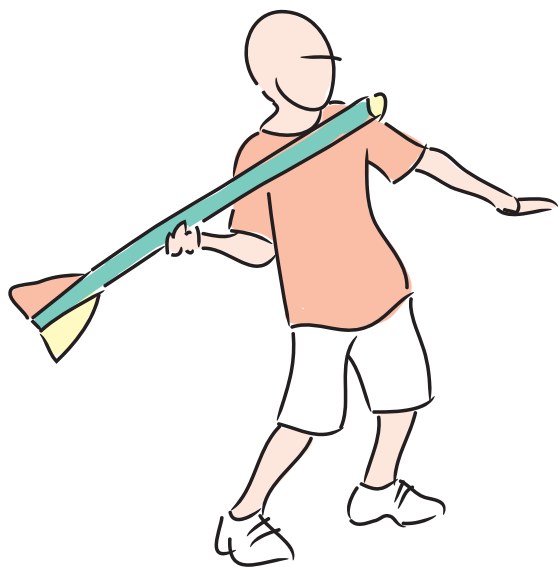


Cone

# RESOURCE CARD: **ATHLETICS:** YEAR 3

RELATES TO: **WEEK 5**

## THROWING JAVELIN WITH THE CORRECT TECHNIQUE



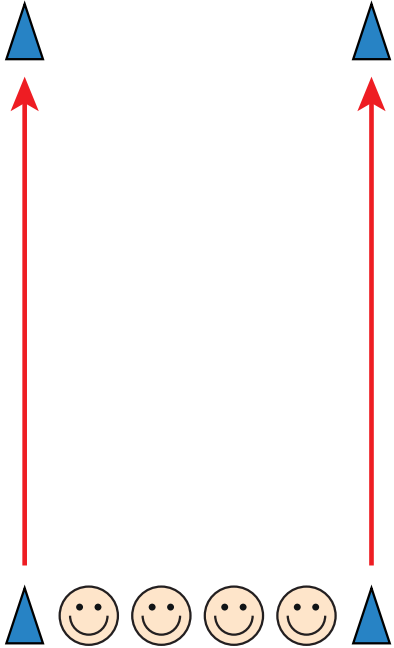
## TEACHING POINTS:

1. Stand facing the direction of the throw
2. Hold the javelin back behind the body
3. Palm of the hand facing the sky
4. Feet apart with the opposite foot from the throwing arm out in front of the body
5. Move the body forward as the arm comes forward
6. Release the javelin as the hand moves past the head
7. Follow through with the arm in the direction of the throw

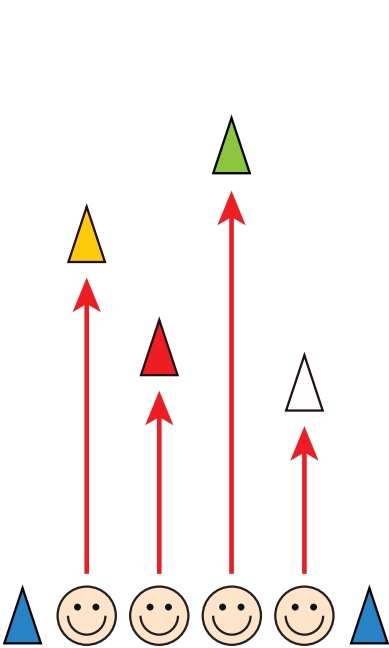
# RESOURCE CARD: **ATHLETICS:** YEAR 3

**RELATES TO: WEEK 6**

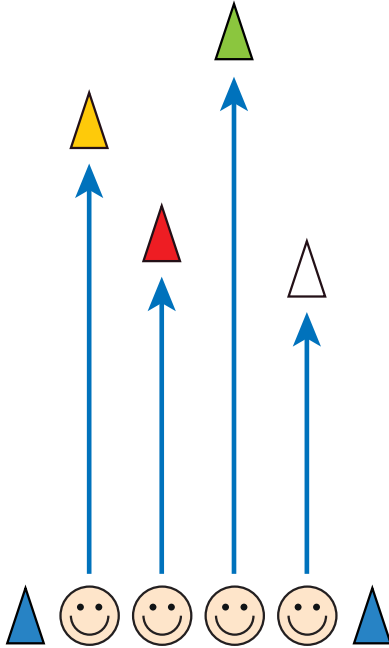
## MAIN LESSON: COMPETITION WEEK



25 METRE SPRINT



STANDING JUMP



JAVELIN THROW

### KEY



Player



Where player 1 moves to



Where javelin moves to



Cone