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# How to Get Better at Running, Jumping and Throwing

**KS3 PE** Ages 11-14 ⌚ 3 min read

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## Understanding Athletic Skills

**Running, jumping and throwing** are fundamental athletic movements that seem simple but actually involve complex coordination between your **muscles, nerves and brain**. To improve at these skills, you need to understand how your body works and then train it properly.

## The Power of Practice

The most important thing is **consistent, deliberate practice**. When you repeat a movement over and over, your brain learns the perfect pattern and your muscles develop **muscle memory**. This means your body remembers how to do the movement without you having to think about it.

Think of it like learning to play a video game. At first, you need to concentrate on every button press, but after hours of practice, your fingers know exactly where to go without looking.

## Technique Matters Most

Before you go faster or harder, learn the **correct technique**. Poor technique means you're training your muscles to move the wrong way. A coach or experienced person can watch you and spot mistakes in your **body position, stride length** or **arm movement**. Fixing these early saves time and prevents injury.

## Build Your Strength and Power

**Strength training** helps you run faster, jump higher and throw further. Focus on your **legs, core and shoulders** depending on which skill you're improving. Simple exercises like squats, lunges, planks and shoulder presses build the foundation you need. Remember: **stronger muscles move faster**.

Think of it like charging a phone battery. A stronger battery holds more energy and lasts longer, just like stronger muscles produce more power.

## **Flexibility and Recovery**

Your muscles work better when they're **flexible and relaxed**. Stretching before and after exercise helps prevent injury and keeps your movement smooth. Equally important is **rest and recovery**. Your muscles actually grow and improve when you sleep and rest between training sessions, not during the workout itself.

## **Put It All Together**

The winning formula is: **correct technique + consistent practice + strength training + flexibility + good recovery = improvement**. You won't see results overnight, but after **3-4 weeks of regular training**, you'll notice real progress. Stay patient, stay focused, and celebrate small improvements along the way.