

PE Knowledge Organiser

Athletics

Key Skills

Jumps – Standing long jump, Triple Jump, Vertical jump
Sprinting – Short distance, Long distance
Speed bounce
Throwing – Overarm and Underarm



During the unit if children are finding the task too difficult / too simple use the **STEP** framework by changing the:

SPACE – Making the pitch/court bigger to make it easier or smaller to make it harder.

TASK – e.g. if struggling to pass over a long distance – make gaps shorter

EQUIPMENT – Choosing a larger or smaller ball to make it easier or harder.

PEOPLE – alter groups / teams to make it more competitive or have fewer players / more players to add more competition.

Physical Skills

Coordination
Agility
Balance
Strength
Teamwork
Motor Skills

Fitness Elements

Warming up
Cooling down
Changes in our body- feeling hot, out of breath, muscles feel tired, thirsty
Working our muscles- Strength, endurance
Working our hearts- cardio, stamina
Cognitive- Remembering prior learning

Vocabulary

Run up
Throw
Strength
Speed
Timing
Grip
Balance
Accuracy
Power
Flight
Start
Finish
Personal Best
Sprint

Safety

Safe in a space
Look where you are going when travelling
Equipment appropriate for activity
Area safe for activity
Bring water

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Standing vertical Jump – stand next to a wall, reach as high as you can. Then jump and see how high you can reach. The score is the difference between the 2 scores. Remember to bend your knees before you jump to get the explosive power you need to reach higher.

Standing Long jump – Stand with 2 feet together, bend your knees and swing your arms to help you jump as far as you can. Remember to land on 2 feet.

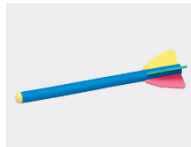
Standing Triple Jump – Stand with 2 feet together or on 1 leg. Start by hopping forward on to the same leg you started on, take a step onto the opposite leg and finish with a jump onto both feet. Consistent fluent movement will help you jump further. An easy way to remember the technique is 'Same, different, both' (hop to **same** foot – step to **different** – land on **both**)

Speed Bounce - Speed Bounce is a two-footed jump in which an athlete must take off and land on both feet. The athlete should cross the wedge as many times as possible within the allocated time period (usually 30 seconds).



Sprinting - is running over a short distance in a limited period of time at your fastest speed.

Relay - A **relay race** is a racing competition where members of a team take turns completing parts of track or performing a certain action.



Javelin - The javelin throw is a track and field event where the javelin, usually foam, is thrown. The javelin thrower gains momentum by running within a predetermined area.

Teamwork – Discuss what makes a good team player, make sure that we are positive and encourage all our team mates in every situation. Think about how it links in to our school values (STARFISH) – sportsmanship. Talk about school games Values - Treating everyone equally, supporting each other and working together to achieve at your very best level. Celebrate each other's successes and be a positive team player.

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Key Questions

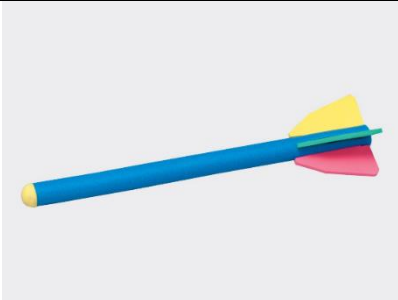
How can you jump higher?

How can you jump further?

How can you improve your sprinting technique?

Which technique is the best to throw a long distance?

Performance	Able to copy movements
	Can link skills together
	Attempt correct skills for jumps
	Know the difference in each jumping technique
Analysing performance	Can watch someone perform
	Identify movements on performance
	Able to compare work with others
	Pick out strengths and weaknesses
Select and Apply	Can throw a rubber ball
	Can throw with degree of accuracy
	Tries to use the skill in practice
	Why /when to perform
Health related fitness	Can state a basic explanation of what exercise is
	Describes how you feel during exercise
	Knows why exercise is good for us
	Can begin to warm up independently



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Reception	Year 1	Year 2	End of KS expectations
	<p>Use varying speeds when running.</p> <p>Explore footwork patterns.</p> <p>Explore arm mobility.</p> <p>Explore different methods of throwing.</p> <p>Practise short distance running.</p>	<p>Run with agility and confidence.</p> <p>Learn the best jumping techniques for distance.</p> <p>Throw different objects in a variety of ways.</p> <p>Hurdle an obstacle and maintain effective running style.</p> <p>Run for distance.</p> <p>Complete an obstacle course with control and agility.</p>	<p>Pupils should continue to apply and develop a range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.</p> <p>They should enjoy communicating, collaborating their own success.</p> <p>Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.</p>

Year 3	Year 4	Year 5	Year 6	End of KS expectations
<p>Run in different directions and at different speeds, using a good technique.</p> <p>Improve throwing technique.</p> <p>Reinforce jumping techniques.</p> <p>Understand the relay and passing the baton.</p> <p>Choose and understand appropriate running techniques.</p> <p>Compete in a mini competition, recording scores.</p>	<p>Select and maintain a running pace for different distances.</p> <p>Practise throwing with power and accuracy.</p> <p>Throw safely and with understanding.</p> <p>Demonstrate good running technique in a competitive situation.</p> <p>Explore different footwork patterns</p> <p>Understand which technique is most effective when jumping for distance.</p> <p>Utilise all the skills learned in this unit in a competitive situation.</p>	<p>Use correct technique to run at speed.</p> <p>Develop the ability to run for distance.</p> <p>Throw with accuracy and power.</p> <p>Identify and apply techniques of relay running.</p> <p>Explore different footwork patterns.</p> <p>Understand which technique is most effective when jumping for distance.</p> <p>Learn how to use skills to improve the distance of a pull throw.</p> <p>Demonstrate good techniques in a competitive situation.</p>	<p>Investigate running styles and changes of speed.</p> <p>Practise throwing with power and accuracy.</p> <p>Throw safely and with understanding.</p> <p>Demonstrate good running technique in a competitive situation.</p> <p>Explore different footwork patterns.</p> <p>Understand which technique is most effective when jumping for distance.</p> <p>Utilise all the skills learned in this unit in a competitive situation.</p>	<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.</p> <p>They should enjoy communicating, collaborating and competing with each other and evaluate their own success.</p> <p>Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.</p>

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Famous Athletes



USAIN BOLT



PAULA RADCLIFFE



JONATHAN EDWARDS



LINFORD CHRISTIE



MO FARAH



JESSICA ENNIS