

Knowledge Organiser PE: Athletics Y4:

Key Concepts:

Competence,
Being Active,
Being Healthy,
Competitive
Sports/Activities,
Outdoor and adventurous
activities,
Vocabulary.

Opportunities for teaching Diversity, Equality (Including protected characteristics) and expanding cultural capital:

Sports events within the Whitby
area. Organised through Sports
partnership with Caedmon College.

Visiting local sports venues,
football and cricket grounds.

Key Skills

Running

- Confidently demonstrate an improved technique for sprinting.
- Carry out an effective sprint finish.
- Perform a relay, focusing on the baton changeover technique.
- Speed up and slow down smoothly.

Jumping

- Learn how to combine a hop, step and jump to perform the standing triple jump.
- Land safely and with control.
- Begin to measure the distance jumped.

Throwing

- Perform a pull throw.
- Measure the distance of their throws.
- Continue to develop techniques to throw for increased distance.

Evaluation

- Evaluate effectiveness of own and others performances and suggest improvements.

What you will have learnt at the end of our Athletics sessions:

To be able to use running, jumping,
throwing and catching in isolation and
in combination.

What you will have learnt by the end of KS2:

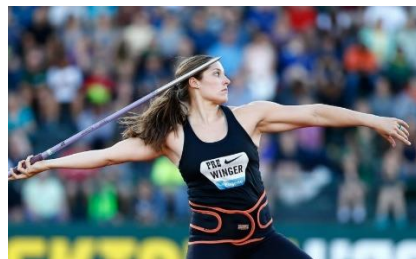
• I can use running, jumping,
throwing and catching in isolation and in
combination. • I can play competitive
games, modified where appropriate and
apply basic principles suitable for
attacking and defending • I have
developed flexibility, strength,
technique, control and balance. • I can
perform dances using a range of
movement patterns. • I am able to take
part in outdoor and adventurous activity
challenges both individually and within a
team • I am able to compare my
performances with previous ones and
demonstrate improvement to achieve
their personal best.

Recall and Remember:

- What three parts make up a triple jump?
- What would we measure the distance we have jumped in?
- What is needed when running short distances?
- How is this different for long distances?
- What is important when throwing?
- Why is important to pace yourself when running?

What you have already learnt in previous year groups:

- How to run at a consistent pace.
- The technique needed to complete a successful long jump.
- The technique needed to complete a successful triple jump.
- To throw with developing accuracy.
- To measure distances: run, jumped and thrown. In time and metres.



Key Vocabulary Jumping

| | |
|-----------------|-----------|
| Quick | Drive |
| Strong | Balance |
| Control | Power |
| Speed | Take off |
| Fast | Flight |
| Hop, skip, jump | Long jump |
| Triple jump | Distance |

Key Vocabulary Running

| | |
|---------|---------------|
| Focus | Determination |
| Fast | Coordination |
| Run | Balance |
| Sprint | Explosive |
| Jog | Power |
| React | Muscles |
| Speed | Movement |
| Pace | Distance |
| Hurdles | Trailing leg |

Key Vocabulary Throwing

| | |
|----------------|---------------|
| Focus | Determination |
| Run up | Grip |
| Throw | Balance |
| Strength | Accuracy |
| Speed | Power |
| Timing | Flight |
| Overarm | Underarm |
| Preparation | Action |
| Follow through | |

My skills and Knowledge that I may use from other subjects:

Maths: Understanding of time. Distance. Recording Data.

Science: The Human Body.