

# Knowledge Organiser PE: Athletics Y5:

## 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

- Accelerate from a variety of starting positions and select their preferred position.
- Identify their reaction times when performing a sprint start.
- Continue to practise and refine their technique for sprinting, focusing on an effective sprint start.
- Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run.
- Identify and demonstrate stamina, explaining its importance for runners.

### Jumping

- Improve techniques for jumping for distance.
- Perform an effective standing long jump.
- Perform the standing triple jump with increased confidence.
- Develop an effective technique for the standing vertical jump (jumping for height) including take-off and flight.
- Land safely and with control.
- Measure the distance and height jumped with accuracy.
- Investigate different jumping techniques.

### Throwing

- Perform a fling throw.
- Throw a variety of implements using a range of throwing techniques.
- Measure and record the distance of their throws.
- Continue to develop techniques to throw for increased distance.

**Evaluation:** • Describe and identify particular skills or techniques and the effect they had on their own and others' performances.

## 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 is the difference between a triple jump and long jump?

What is needed when running short distances?

How is this different for long distances?

What is important when throwing?

What is stamina?

### What you have already learnt in previous year groups:

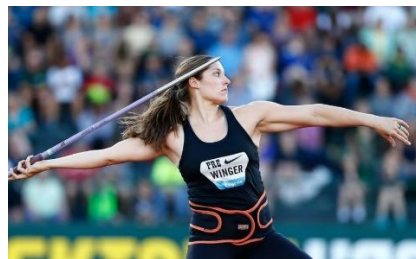
How to run at a consistent pace.

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.