

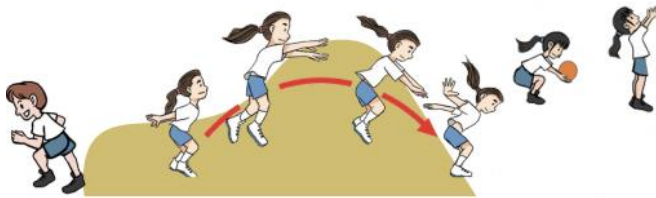


Queensway School- Knowledge Organiser

PE- Athletics, Year 4, Term 2

Athletics

In this unit you will be set challenges for distance and time that involve using different styles of running, jumping and throwing. You will try to achieve your greatest possible speed, distance or accuracy and learn how to persevere to achieve your personal best. You will learn how to improve by identifying areas of strength as well as areas to develop. You will also be given opportunities to lead when officiating as well as observe and provide feedback to others.



Official Athletic Events

Running	Jumping	Throwing
Sprinting 100m, 200m, 400m	Long Jump Jump for distance	Discus Fling throw
Hurdles Relay	Triple Jump Jump for distance	Shot Push throw
Middle Distance 800m, 1500m	High Jump Jump for height	Hammer Fling throw
Long Distance 5,000, 10,000	Pole Vault Jump for height	Javelin Pull throw
Steeplechase		

Have you seen any of these events before?



Running: Pace yourself when running further, or for a long period of time. A high knee drive, pumping your arms and running on the balls of your feet will give you the power to run faster.

Jumping: Transferring weight will help you to jump further. Swing your arms forwards and push your hips forwards to help you.

- **Rules:** performers must take off before the line and jumps are measured from the take off line to the body part closest to the take off line, touching the ground.

Throwing: Transferring weight will help you to throw further. Moving the weight from the back of your legs to your front leg will help you to throw further.

- **Rules:** Throws are measured from the take off line to where the object first lands.

Equipment often used in athletics:

- Batons bean bags for passing in a relay
- A variety of balls of different sizes, foam javelins, discs for throwing events
- Measuring tapes/ metre stick to record distances
- Running track marked out for straight sprints and longer distance events where it may be required to run around the track/ part of the track if part of a relay team.

Overview and aims of this unit:

This term, children will be focussing on developing their range of athletic skills, including running, jumping, and throwing. Athletics is a great way to develop the following school games values: respect, determination, and self-belief. Children will also have the opportunity to develop their teamwork skills in group games.



Mental Health and Wellbeing:

Engaging in physical activity can help us take care of our mental wellbeing. Here are some questions for you to think about?

How does athletics make you feel physically?

How does athletics make you feel mentally?

Does playing in a team support your well-being? Why?

Key Vocabulary:

Acceleration – to go from still to moving as fast as possible.

Accuracy – how close the object is to the target

Endurance – being able to repeat a specific movement – running a long distance.

Field – events that are based around jumping and throwing.

Finishing Line – the point at which the timer stops – You DO NOT STOP HERE!

Hurdles – an obstacle that a runner may have to jump over during a race.

Lanes – the running area that you are allowed in.

Momentum – creating speed that is used to transfer into power for a jump, throw or to gain top speed as quickly as possible.

Power – force generated by your body to help move it.

Reaction Time – how quickly you react to a stimulus.

Relay – working as a team to complete a race with a baton.

Speed – to move quickly.

Stamina – the ability to move for sustained periods of time.

Track – events that involve running, usually on the running track.



Sir Mo Farah

4 Gold Olympic medals in long distance running

Goldie Sayers

Olympic Bronze Medal in Javelin