



Welton Primary School—PE Knowledge Organiser



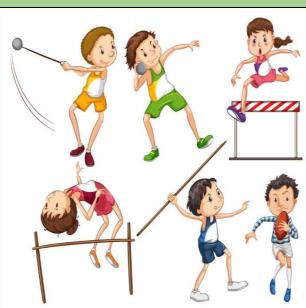
Social and Emotional



KS1 Athletics

Overview

- -<u>Athletics</u> is the name for a number of different sports that require strength, endurance and skill. Athletics includes <u>track</u> and <u>field</u> events.
- -<u>Track events</u> involve <u>running and sprinting</u>. Examples are the 100 metre sprint and hurdles.
- -<u>Field events</u> often use skills like <u>jumping</u> and <u>throwing</u>. Examples include the shotput throw and the long jump.
- -Someone competing in athletics is known as an <u>athlete</u>. They should learn how to perform movements <u>safely</u>, build our <u>confidence</u> and respond to feedback given by others.



Physical		
Skill	Definition	How do I do this?
Sprinting	To run a short distance at top speed.	-Keep looking straight ahead, and take big stridesRun on the balls of your feet and lift your knees high and fast. Use your arms for balance (alternate to legs) moving from pockets to mouth.
Hurdling	To leap over obstacles whilst running.	-Look straight ahead when running and hurdling so that you don't over-rotate. Bend your knees on take-off and landing. Count the number of strides between each obstacle and try to keep this even. Keep a rhythm between the obstacles.
Jumping **	To launch both legs off the floor at the same time	-Bend your knees on take-off and landingFor distance, swing your arms up for momentumWhere appropriate, take off from two feet.
Throwing	To launch something with force from the hand.	-Begin with a high elbow in line with shoulder and back of head. Point your non-throwing arm in direction of target. Foot of non-throwing side forward. Push throwing arm forward and release.
Using multiple skills	To use the above skills together.	-Many events involve running and jumping or running and throwing. Make sure that you are still keeping the correct technique, for skill & strength.

Supporting and Encouraging
Encouraging and supporting
others can help them to feel
good and perform well.

Keeping Safe Follow the rules and listen to the coach/ referees instructions. Store and handle apparatus properly.



Perseverance

Perseverance is about keeping going even when something is difficult or tiring.



Honesty and Fair Play

Fair play is about learning the rules of the game and putting them into practice honestly. We should not try to gain an unfair advantage over others.

Building Confidence Some athletic moves can be difficult or dangerous. It is important that we believe in ourselves and build confidence before attempting moves.

Challenging Myself Whenever we learn anything, we have to start somewhere! Improving ourselves is all about putting in hard work and practice, challenging ourselves to

be better than we were before!

Key Vocabulary

Athletics

Strength

Speed

Endurance

Running

Jumping

Throwing

Sprinting

Obstacle

Equipment

Persevere

Hurdling

Distance

Thinking/ Strategic

Obstacle – Something that needs to be avoided (e.g. jumped over or moved around).

<u>Track</u> – The name given to events that take place on a running track. The tracks are often made of rubber for more bounce and speed. Full-sized athletics tracks are often 400 metres around.

<u>Field</u> –Events that do not take place on the running track, e.g. jumping and throwing events. They often take place inside the oval track.

-In athletics, it is important to try and reflect on your strengths and weaknesses in order to beat your personal bests. When things do not go well consider which parts of your technique were not quite right, and take steps to improve them. You should also try to help others to improve through offering clear and fair feedback.

Health and Safety

Bend your knees Warm down Remove jewellery Keep your head up Warm up properly When using obstacles, make sure Exercise in safe spaces. Make sure that Make sure that after and know what is when you land and wear suitable including stretching that they are a safe height and Be mindful of others. equipment is in equipment is put exercising. around you. your muscles. jumps. are not fixed in the ground. clothing/ equipment. working order. away properly.