



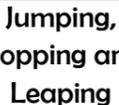
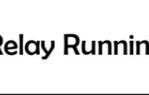
Welton Primary School—PE Knowledge Organiser



LKS2

Athletics

Overview	
<p>-Athletics 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.</p> <p>-Track events involve <u>running</u> and <u>sprinting</u>. Examples are the 100 metre sprint and hurdles.</p> <p>-Field events often use skills like <u>jumping</u> and <u>throwing</u>. Examples include the shotput throw and the long jump.</p> <p>-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 <u>feedback</u> given by others.</p>	

Physical		
Skill	Definition	How do I do this?
Pacing Runs 	To run at a speed that conserves some energy for later use.	-Keep looking straight ahead, and take big strides. -Run on the balls of your feet and lift. Use your arms for balance (alternate arms to your legs move forwards). -Maintain steady breathing, in through the nose, out through the mouth. Run at a pace you can maintain.
Sprinting 	To run as quickly as possible over a short distance	-Keep looking straight ahead, and take big strides. Run 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, to drive yourself forwards.
Jumping, Hopping and Leaping 	To launch both legs off the floor at the same time	-Bend your knees on take-off and landing. -For distance, drive your arms up for momentum. -A jump is two feet to two feet. A hop is one foot to the same foot. A leap is one foot to the other foot.
Throwing (heavier objects). 	To launch something heavy with force from the hand (in a number of different ways).	-Chest Push: Hold ball at chest, both hands. Lean back. Move from back foot to front foot. Push ball forwards. -Fling: Begin facing away, squatting, ball at one side. As standing, rotate to throw the ball over opposite shoulder. -Overhead: Face direction of throw, one foot in front of other. Hold ball in hands behind head. Pull ball forwards.
Relay Running 	A team race, each runner completes part of the distance.	-The receiver should begin running before the giver reaches them. When the giver is about to pass the baton, they should be loud and clear in shouting 'hand.'

Social and Emotional		Key Vocabulary Athletics Pace Distance Endurance Sprinting Jump for Distance Jump for Height Stamina Push Throw Overhead Throw Fling Persevere Resilience
Supporting and Encouraging Encouraging and supporting others can help them to feel good and perform well. Try to help other athletes to feel confident so that they can perform at their best. 	Honesty and Fair Play Fair play is about learning the rules of different events and putting them into practice honestly. We should not try to gain an unfair advantage over others, and should be honest to ourselves and others if we feel that we may have fouled. 	
Keeping Safe Follow the rules and listen to the coach/ referees instructions. Set up, handle and store apparatus properly.  Keep others safe by ensuring there is appropriate space between you and others.	Building Confidence Some athletics moves/ events can be difficult or dangerous. It is important that we believe in ourselves and build confidence before attempting moves. Building towards complex moves in steps can help us to achieve this.	
Perseverance Perseverance is about keeping going even when something is difficult or tiring. Excellence in athletics can rarely be achieved the first time – you need to practice and keep trying even if you fail when you first start. 	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! In athletics, we can track our personal best in different events, and try different things to keep improving.	

Thinking/ Strategic	
<p>Javelin – A light spear that is thrown by hand. The aim is to throw it as far as possible. For safety, foam javelins are often used in primary schools.</p> <p>Shotput – A contest in which a heavy ball is thrown as far as possible. A technique similar to the 'fling' is often used.</p> <p>Long Jump – An event in which athletes try to jump as far as possible along the ground in one leap.</p> <p>High Jump – An event in which athletes leap over a bar, which is raised higher until only one athlete can get over it.</p>	<p>-In athletics, it is important to try and reflect on your strengths and weaknesses in order to beat your personal bests.</p> <p>-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.</p> <p>-Small changes to technique can make a huge difference to the outcome!</p>

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