



Welton Primary School—PE Knowledge Organiser



UKS2





Athletics

Overview




- Athletics** is the name for a group of sporting events that require strength, endurance and skill. Athletics tests the skills of running, jumping and throwing, and includes track and field events.
- Track events** involve running and sprinting. Examples are the 100 metre sprint, 110 metre hurdles, the 400 metres and the 1500 metres.
- Field events** often use skills like jumping (for distance and height) and throwing (for distance and accuracy). Examples include the long jump, the high jump, the shotput throw and the javelin.
- Someone competing in athletics is known as an **athlete**. There are also 'combined events' which include the **heptathlon** and the **decathlon**.



Physical

| Skill | Definition | How do I do this? |
|---|---|--|
|  Pacing Runs | To run at a speed that conserves some energy for later use. To alter my pace depending on context. | -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. Use your thinking and strategic skills to run at a pace that you can maintain and will help you to be successful. |
|  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. Keep a consistent stride length and breathe steadily, in through the nose, out through mouth. |
| Jumping for Height | To launch both legs off the floor to jump as high as possible. | -Look straight ahead. Begin in balanced squat position. Swing arms forward and up. Straighten legs when in the air. Bend your knees for a controlled landing. Land feet shoulder-width apart. |
|  Triple Jump | To hop, step and jump the furthest distance possible. | Remember to bend your knees on take-off and landing. Hop - take off and land on same foot, drive knee upwards and forward. Step - land on opposite foot, as far as you can outwards to gain distance. Jump - Land two feet. Drive hands forward. |
|  Throwing for distance | To launch something heavy with force from the hand (in a number of different ways). | -Discus Fling: Hold the discus so that it sits flat against the palm of the throwing hand. The edge of the discus sits on the hand, with tops of the fingers wrapped around the edge. The thumb rests on the back of the discus. Hold discus with palm of throwing arm towards your leg. Use a straight arm to throw. Follow through with arms pointing at 45-degree angle. |

Social and Emotional

| | |
|---|--|
| Communication We need to communicate using appropriate language in order to provide effective feedback. We should ensure that we consider the feelings of others, and work on ensuring that our feedback is constructive. Use communication skills to evaluate athletic performances of others. | 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. Make sure that measures like timings & distances are taken accurately. |
| Keeping Safe Follow the rules and listen to the coach/referees instructions. Set up, handle and store equipment properly. Keep others safe by ensuring there is appropriate space between you and others. Use the right technique to avoid injury.  | 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. Having a positive mental attitude and breaking down difficult movements into steps can help.  |
| 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. You should support and encourage others through difficulties.  | 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. Be brave enough to fail and learn from your mistakes! |

Key Vocabulary

- Athletics
- Pace
- Stamina
- Endurance
- Maintain
- Respiration
- Discus
- Overhand
- Triple Jump
- Hop, Step, Jump
- Fling
- Personal Best
- Resilience

Thinking/ Strategic

| | |
|---|---|
| Discus – A heavy, thick-centred disc that flung/ hurled for distance as a field event. Speed is generally built up through the discus athlete rotating, before releasing at the right angle. Triple Jump – An event in which athletes try to jump as far as possible along the ground, using one hop, one step and one jump. Triple jumpers build up speed with a long run up. Decathlon – A combined athletic event with 10 events: 100-metre sprint, long jump, shot put, high jump, 400-metre race, 110-metre hurdles, discus, pole vault, javelin and 1,500 metres. Heptathlon – A combined athletic event with 7 events: 100-metre sprint, high jump, shot put, 200-metre sprint, long jump, javelin throw and 800-metre run. | -By upper KS2, you should be able to use strategies (e.g. managing pace in distance races) in order to achieve your best in different events. -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. Small changes to technique can make a huge difference to the outcome! |
|---|---|

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. |
|--|--|---|--------------------------------------|--|---|--|-----------------------------|---|