



**KNOWLEDGE ORGANISERS** provide teachers with robust and progressive subject knowledge in readiness for teaching a unit of work. Here is an example...



Get Set 4 P.E.

# Knowledge Organiser: Athletics Y5



### Links to the PE National Curriculum

- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Develop running, jumping, throwing and catching in isolation and in combination.
- Develop flexibility, strength, technique, control and balance.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

### Official Athletic Events

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

### Key Vocabulary:

technique
•
compete
•
continuous pace
•
flight

determination
•
personal best
•
momentum
•
stride

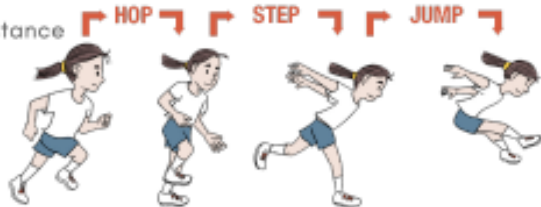
downsweep
•
upsweep
•
officiate
•
rhythm

### Key Skills: Physical

- Pacing
- Sprinting technique
- Relay changeovers
- Jumping for height
- Jumping for distance - long jump, triple jump
- Push throw for distance - shot put, javelin
- Pull throw for distance

### Key Skills: S.E.T

- Social: Collaborating with others
- Social: Supporting others
- Emotional: Perseverance
- Emotional: Determination
- Thinking: Observing and providing feedback



### Teacher Glossary

**Changeover:** where a baton is passed from one person to another

**Downsweep:** in relay when the performer passes the baton in a downward action

**Upsweep:** when the performer passes the baton in an upward action

**Flight:** the time the performer spends in the air in jumping events

**Hop:** take off on one foot and land on the same foot

**Leap:** take off on one foot and land on the other. Also known as a step in triple jump

**Jump:** take off and land on two feet

**Pull throw:** when the performer pulls the item through the air

**Push throw:** when the performer pushes the item through the air