Y3/4 PE Knowledge Organiser— Athletics

Key Knowledge

Learn these key facts—key points in red

Track: Running Events



50m sprint: Running as fast as you can from the start until the finish

400m: Endurance race meaning you can't sprint the entire race. You need to pace your race so that you don't get too tired too quickly but have still run as fast as you can.



How quickly can you complete the races?

Running Technique

Having a good technique will help improve times. When sprinting making sure that you run in a straight line, keep looking forward and not at others, run through the line and dip forward just as your finishing!



Maybe you could be the next Usain!

In a longer distance you don't have to stay in a specific lane so run on the inside lane as it's shorter with the turns!

Field: Jumping and Throwing



Howler Throw: Overarm throw trying to launch the howler as far as possible. A straight or bent arm technique can be used



Standing Long Jump: Two footed single jump forward. How far can you jump?

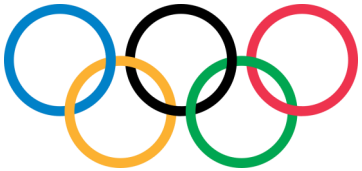
Key Vocabulary

Understand these key words

Word	Definition
Speed	To move quickly
Acceleration	To go from still to moving at speed as fast as possible
Hurdles	An obstacle that a runner may have to jump over during a race
Reaction Time	How quickly you react to a stimulus
Track	Events that involve running, usually on the running track
Field	Events that a based around jumping and throwing
Finishing line	The point at which the timer stops—You DO NOT STOP HERE!
Lanes	The running area that you are allowed in
Endurance	Being able to repeat a specific movement– running a long distance
Power	Force generated by your body to help move it.
Momentum	Creating speed that is used to transfer into power for a jump, throw or to gain top speed as quickly as possible
Relay	Working as a team to complete a race with a baton.

Competition Focus

Elite competitions take place all over the world. The most famous is the Olympic Games, held every four years.



Events:

100m, 200m, 400m, 800m, 1500m, 5000m, 10000m, 110m hurdles, 400m hurdles, 4x100m relay, high jump, long jump, triple jump, javelin, discus, decathlon.

London 2012

Summer 2012 was an Olympic summer for England as London hosted the competition. Loads of fun activities took place for all ages around the country!