



Y5/6 PE Knowledge Organiser— Athletics

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| **Key Knowledge**  **Learn these key facts—key points in red** | **Key Vocabulary**  **Understand these key words** | | **Officiating Focus** |
| **Track: Running Events**  **75m sprint:** Running as fast as you can from the start until the finish  **600m:** 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 quick- ly but have still run as fast as you can.  **How quickly can you complete the races?**  **Relay Changeover**  Passing the baton to the next runner is a vital  aspect of a relay race. The next runner needs to be moving when the  changeover is made. This allows the runner get to their top speed quicker and will finish the race in a faster time.  Olympic Sprint and Relay Rules | **Word** | **Definition** | Officiating each other is vitally important in  athletics, this shows a good understanding and  demonstration of both rules and technique.  It also applies lots of  mathematical knowledge to  working out distances,  lengths and times—  rounding is also used. |
| **Officiate** | To assist running events by applying rules |
| **Analysis** | Be able to look at performance and suggest improvements. |
| **Technique** | Understand the set of actions required for each activity. |
| **Relay Changeover** | How the baton is passed from one runner to the next. |
| **Momentum** | Creating speed that is used to transfer into power for a jump, throw or to gain top speed as quickly as possible | Personal skills such as honesty and fairness are also important when officiating.  Communication—giving  clear instructions or feedback. |
| **Finishing line** | The point at which the timer stops—You  DO NOT STOP HERE! |
| **Hurdles** | An obstacle that a runner may have to jump over during a race |
| **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  **Long Jump:** Using a run up for momentum, taking off on one foot and landing on two. This is usually done into a sand pit. How far can you jump? |  |  |  |
| **Consistency** | Being able to perform the same skill accurately repetitively. |
| **Endurance** | Being able to repeat a specific movement–  running a long distance |
| **Explosive Power** | Force generated by your body to make your body jump. |  |
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|  | **Relay** | Working as a team to complete a race with  a baton. |  |
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