



Y3/4 PE Knowledge Organiser— Athletics

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| **Key Knowledge**  **Learn these key facts—key points in red** | **Key Vocabulary**  **Understand these key words** | | **Competition Focus** |
| **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 quick- ly 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 look- ing 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 spe-  cific 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 foot- ed single jump forward. How far can you jump? | **Word** | **Definition** | Elite competitions take place all over the world. The most famous is the  Olympic Games, held every four years.  Olympic Games - Wikipedia  **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! |
| **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. |
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