



Y3/4 PE Knowledge Organiser— Indoor Athletics

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| **Key Knowledge**  **Learn these key facts—key points in red** | | | **Key Vocabulary**  **Understand these key words** | | **Competition Focus** |
| Vertical jump— how high can jump? | **Jumping**  Long jump and 5  strides—how far can you go in  Long jump—1 jump 5 strides—5 steps  Speed Bounce— in 20 seconds  how many 2 footed side to side jumps can you do? | | **Word** | **Definition** | Elite competitions take  place all over the world on indoor tracks which are a 200m oval with a 60m  sprint track in the middle.    **Events:**  60m, 60m hurdles, 400m,  800m, 1500m, 3000m. High  jump, long jump, triple jump, pole vault, shot put and Hepthalon (men) / pentathlon (women)  **British Indoor**  **European Indoors World Indoors** |
| **Speed** | To move quickly |
| **Acceleration** | To go from still to moving at speed as fast |
|  | as possible |
| **Momentum** | Creating speed that is used to transfer into |
|  | power for a jump, throw or to gain top |
|  | speed as quickly as possible |
| **Turning Board** | Designed to help you turn at a wall as |
| **(Return board)** | quickly as possible. |
| **Reaction Time** | How quickly you react to a stimulus |
| **Agility** | The ability to speed up / slow down and |
|  | change direction. |
|  | | **Running**  Running starts in the middle of the hall goes to one end then  the other and back to the  middle (1 lap) -  sometimes obstacles are on the track too. Individual or as a team |
| **Throwing** | |  |  |
| **Finishing line** | The point at which the timer stops—You |
|  | |  | DO NOT STOP HERE! |
| Chest push—using a  basketball—try to send it as far as pos- | |  |  |
| **Obstacle** | An object such as a hurdle, post, tunnel or speed bounce. |
| sible. | | **Consistency** | Being able to perform the same skill |
|  | |  | accurately repetitively. |
| Overarm Throw—shuttlecock / | | **Accuracy** | Using aim to get objects to a target |
| foam javelin used. | |
|  |  |
| How far can you throw it? | | **Power** | Force generated by your body to help  move it. |
|  | | **Relay** | Working as a team to complete a race with |
|  | |  | a baton. |
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