

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 vitalaspect of a relay race. The next runner needs to be moving when thechangeover 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 inathletics, this shows a good understanding anddemonstration of both rules and technique.It also applies lots ofmathematical knowledge toworking 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—givingclear instructions or feedback. |
| **Finishing line** | The point at which the timer stops—YouDO 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 witha baton. |  |
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