

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 improvetimes. When sprinting making sure that you run in a straight line, keep look- ing forward and not at others, run through the lineand 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 theOlympic Games, held every four years.Olympic Games - Wikipedia**Events:**100m, 200m, 400m, 800m,1500m, 5000m, 10000m,110m hurdles, 400mhurdles, 4x100m relay, high jump, long jump, triplejump, javelin, discus, decathlon.**London 2012**Summer 2012 was anOlympic summer forEngland as London hosted the competition. Loads of fun activities took place for all ages around thecountry! |
| **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—YouDO 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 helpmove it. |
| **Momentum** | Creating speed that is used to transfer into power for a jump, throw or to gain topspeed as quickly as possible |
| **Relay** | Working as a team to complete a race with a baton. |
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