

Y3/4 PE Knowledge Organiser— Indoor Athletics

|  |  |  |
| --- | --- | --- |
| **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 5strides—how far can you go inLong jump—1 jump 5 strides—5 stepsSpeed Bounce— in 20 secondshow many 2 footed side to side jumps can you do? | **Word** | **Definition** | Elite competitions takeplace all over the world on indoor tracks which are a 200m oval with a 60msprint track in the middle.**Events:**60m, 60m hurdles, 400m,800m, 1500m, 3000m. Highjump, 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 thenthe other and back to themiddle (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 abasketball—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 helpmove it. |
|  | **Relay** | Working as a team to complete a race with |
|  |  | a baton. |
|  |  |  |