

# PHYSICAL EDUCATION KNOWLEDGE ORGANISER

## UKS2 Athletics activities

### I will learn...

#### HANDS

how to use an effective sprinting technique & sprint start and try to improve my reaction time.  
 to accelerate so I can run past others when running on my own and as part of a relay team.  
 how to improve my stamina to try to maintain pace over longer distances.  
 to improve how I throw different implements using overarm & sidearm techniques.  
 how to use increasing power in jumping activities and control my body in the air & on landing.

#### HEAD

to talk about & plan how to use my preferred starting position and sprinting technique.  
 to talk about ways I could improve my stamina.

#### HEART

to show what it means to be safe and follow all instructions.  
 to work effectively as part of a team.  
 to accept decisions and results in events.  
 to compare my performance to my own previous efforts & also to those of others.  
 to take on the challenge of more advanced skills.  
 how to lead different parts of a warm up.  
 why exercise is good for my health and well-being.

**Key questions:** How can you move your body faster? Do you know how to improve your stamina so that you can continue running for longer? What is the best way to jump for distance? What is the most effective way to pass a baton in a relay? Why is exercise important to keep you healthy?

#### Key vocabulary:

**Sprinting** – running at full speed over a short distance.

**Accelerate** – increase speed to move quicker.

**Stamina** – to keep moving over a longer distance for a longer period of time.

**Pace** – the speed at which an athlete runs.

**Implement** – an object that is thrown for distance in athletics, such as a javelin, discus, shot putt or ball.

**Technique** – the way of carrying out an action such as a throw or jump.

**Relay race** – a running race where teams of 4 runners each take turns to run a certain distance, carrying a baton that they pass on to the next runner.

**Power** – perform strength-based actions quickly - such as jump or throw.

**Reaction time** – to respond quickly to the sound of a starting signal when in a race.

**Evaluate** – Receive or give feedback to self / others that makes a judgement on the strengths and weaknesses of a performance.

**Improve** – Use judgements to make execution of skills or the performance in a game better.

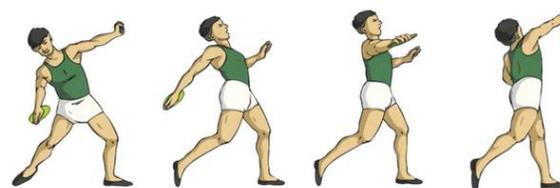
#### Sprint start



#### Standing long jump technique



#### Sidearm throw technique



#### Overarm throw technique

