

PHYSICAL EDUCATION KNOWLEDGE ORGANISER

LKS2 Athletics activities

I will learn...

HANDS

to try to co-ordinate arm & leg actions to improve my sprinting technique.
 to adjust pace to suit the distance I am running.
 how to develop a one-footed take-off and safe landing when jumping.
 to throw equipment in different ways for distance using my hands.

HEAD

to choose the best techniques for running.
 how to pace during a distance race.
 to choose the best way to throw a ball / implement for distance.

HEART

to be safe at all times and follow instructions.
 to work on my own and with a partner.
 to share ideas with and listen to others.
 to compare my performance with others.
 to explain reasons for a warm up.
 why exercise is good for my health & how it effects my body.
 to show determination when challenged with harder or new skills.

Key questions: What do you need to do with your body to move fast?
 How can you make sure that you can keep going when you are running a long distance?
 What do you need to do with your body when you jump off one foot to make sure you jump as far as possible?
 What is the best way to throw a ball as far as possible?
 Why is exercise good for your health?

Key vocabulary:

Sprinting – running at full speed over a short distance.

Co-ordinate – choose the right muscles at the right time and move them together.

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.

Take-off – the action of leaving the ground and lifting the body into the air when performing a jump.

Safe landing – as the body returns to the ground after jumping, the feet should touch the floor at the same time and the knees should bend to soften the landing.

Challenge – a new or difficult action / skill that requires effort and determination.

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.

One footed take-off jump technique



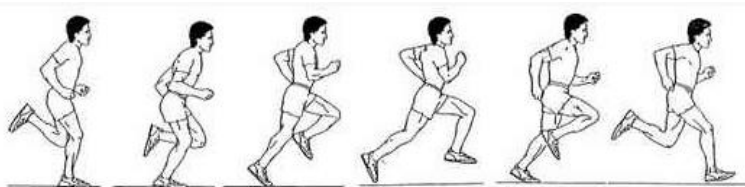
Standing long jump technique



Safe landing technique



Sprinting technique



Overarm throw technique

