




PE - Knowledge Organiser

Spring 2 – Year 3 – Athletics




Knowledge Organiser

Athletics Year 3

About this Unit

Athletics is the name for a group of physical events that test running, jumping and throwing. In this unit you will use different styles of running, jumping and throwing to try to achieve your best possible time, distance or height. You will need to persevere to achieve your personal best.

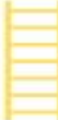


Official Athletic Events

Running	Jumping	Throwing
Sprinting 100m, 200m, 400m	Long jump Jump for distance	Discus Fling throw
Hurdles	Triple jump Jump for distance	Shot Push throw
Relay	High jump Jump for height	Hammer Fling throw
Middle Distance 800m, 1500m	Pole vault Jump for height	Javelin
Long Distance 5,000, 10,000		Pull throw
Steeplechase		

Have you seen any of these events before?

Ladder Knowledge




Running:
Leaning slightly forwards helps to increase speed. Leaning your body in the opposite direction to travel helps to slow down.

Jumping:
If you jump and land quickly it will help you to jump further.

Throwing:
The speed of the movement helps to create power. So, moving from slow to fast will help you to throw further.

Powerful Knowledge

accuracy: how close the object is to the given target
baton: equipment used in a relay event
control: being able to perform a skill with good technique
event: the name of different athletic activities
further: a greater distance
personal best: a target outcome of an individual
power: speed and strength combined
relay: a team of runners take turns to move the baton from start to finish
speed: how fast you are travelling
strength: the amount of force your body can use
technique: the action used correctly



Movement Skills

- sprint
- jump for distance
- push throw
- pull throw

This unit will also help you to develop other important skills.

- Social** collaboration, work safely
- Emotional** determination, perseverance
- Thinking** observe and provide feedback, comprehension, explore technique

Rules


JUMPING EVENTS

- Performers must take off before the line.
- Jumps are measured from the take-off line to the body part closest to the take-off line that touches the ground.

THROWING EVENTS

- Throws must be taken from behind a throw line.
- Throws are measured from the throw line to where the object first lands.

Healthy Participation



In throwing activities ensure you:
 • wait for instruction and check the area is clear before throwing.
 • there is adequate space between throwers.

If you enjoy this unit why not see if there is an athletics club in your local area.

How will this unit help your body?
 agility, balance, co-ordination, speed, stamina, strength

Home Learning


It's all About the Pace

What you need: socks and a stopwatch or clock

How to play:


- Mark a track around your home using socks.
- How many times can you run around your track in 30 seconds?
- Can you double the distance if you work for 1 minute? How did that make you feel?
- Can you run your track without stopping for 5 minutes? How yourself to maintain a consistent speed.
- How many laps did you complete?

Notice what happens to the distance you complete when the time increases.



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Head to our youtube channel to watch the skills videos for this unit.

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