

# Athletics Knowledge Organiser

|   |  |   |   |
|---|--|---|---|
| <b>Year: 4</b>  |  |   |   |
| <b>Term: Summer 1</b>   |  |   |   |
| <b>Background information for teachers and pupils</b>   |  |   |   |
| <p>As in all units, pupils develop physical, social, emotional and thinking whole child objectives.</p> <p>In this unit, pupils will develop basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, distance or accuracy and learn how to persevere to achieve their personal best.</p>   |  |   |   |
| <b>Key Knowledge</b>  |  |   |   |
| <p>Pupils should:</p> <ul style="list-style-type: none"> <li>• Enjoy communicating, collaborating and competing with each other.</li> <li>• Develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</li> <li>• Develop running, jumping, throwing and catching in isolation and in combination.</li> <li>• Develop flexibility, strength, technique, control and balance.</li> <li>• Compare their performances with previous ones demonstrate improvement to achieve their personal best.</li> </ul> |  |   |   |
| <b>Key Knowledge</b>  |  |   |   |
| <b>Progression of skills</b>  |  |   |   |
|   | <b>Running</b>   | <b>Jumping</b>  | <b>Throwing</b>   |
| <b>Year 6</b>   | Demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique.  | <ul style="list-style-type: none"> <li>• Develop power, control and technique in the triple jump.</li> </ul>  | <ul style="list-style-type: none"> <li>• Develop power, control and technique when throwing discus and shot put.</li> </ul>           |
| <b>Year 5</b>   | <ul style="list-style-type: none"> <li>• Apply fluency and coordination when running for speed in relay changeovers.</li> <li>• Effectively apply speeds appropriate for the event.</li> </ul> | <ul style="list-style-type: none"> <li>• Explore technique and rhythm in the triple jump.</li> </ul>  | <ul style="list-style-type: none"> <li>• Develop technique and power in javelin and shot put.</li> </ul>                              |
| <b>Year 4</b>   | <ul style="list-style-type: none"> <li>• Develop an understanding of speed and pace in relation to distance.</li> <li>• Develop power and speed in the sprinting technique.</li> </ul>         | <ul style="list-style-type: none"> <li>• Develop technique when jumping for distance.</li> </ul>  | <ul style="list-style-type: none"> <li>• Explore power and technique when throwing for distance in a pull and heave throw.</li> </ul> |
| <b>Year 3</b>   | <ul style="list-style-type: none"> <li>• Develop the sprinting technique and apply to relay events.</li> </ul>   | <ul style="list-style-type: none"> <li>• Develop technique when jumping for distance in a range of approaches and take off positions.</li> </ul>              | <ul style="list-style-type: none"> <li>• Explore the technique for a pull throw.</li> </ul>   |
| <b>Year 2</b>   | <ul style="list-style-type: none"> <li>• Develop the sprinting action.</li> <li>• Explore rhythm when running over obstacles.</li> </ul>   | <ul style="list-style-type: none"> <li>• Develop jumping, hopping and skipping actions.</li> <li>• Explore safely jumping for distance and height.</li> </ul> | <ul style="list-style-type: none"> <li>• Develop overarm throwing for distance.</li> </ul>  |
| <b>Year 1</b>   | <ul style="list-style-type: none"> <li>• Explore running at different speeds.</li> </ul>   | <ul style="list-style-type: none"> <li>• Develop balance whilst jumping and landing.</li> <li>• Explore hopping, jumping and leaping for distance.</li> </ul> | <ul style="list-style-type: none"> <li>• Explore throwing for distance and accuracy.</li> </ul>                                       |
| <b>EYFS</b>   | <ul style="list-style-type: none"> <li>• Explore running and stopping.</li> <li>• Explore running on the balls of their feet.</li> </ul>   | <ul style="list-style-type: none"> <li>• Explore jumping and hopping safely.</li> </ul>   | <ul style="list-style-type: none"> <li>• Explore throwing to a target.</li> </ul>   |

## Whole child Skills

| Physical   | Social  | Emotional   | Thinking  |
|--|---|---|---|
| <ul style="list-style-type: none"> <li>• Pacing</li> <li>• Sprinting technique</li> <li>• Jumping for distance</li> <li>• Throw, heave, launch for distance</li> </ul> | <ul style="list-style-type: none"> <li>• Working collaboratively</li> <li>• Working safely</li> </ul> | <ul style="list-style-type: none"> <li>• Perseverance</li> <li>• Determination</li> </ul> | <ul style="list-style-type: none"> <li>• Observing and providing feedback</li> <li>• Exploring ideas</li> </ul> |

### Links to other National Curriculum subjects

#### English

- Learning of key vocabulary - Power, speed, strength, vertical, progressive
- Communicating ideas
- Reading task cards

#### Maths

- Adding metres thrown to get a total
- Recording data
- Analysing data
- Timing partner in events
- Measuring distances with cones
- Estimating speeds to match their partner's pace

#### Science

- Understanding the effect exercise has on the body
- Learning the names of muscles
- Understanding how the body reacts to different exercises
- Estimating distances with cones and concluding the longest jump
- Exploring the impact of strength and speed on distance produced
- Exploring transferring weight to create power in throws

### Key Vocabulary

**Prior vocabulary** – speed, accurately, power, personal best, further, faster, control, strength, pace.

**New vocabulary** – Stamina, technique, determination, perseverance, officiate, power, accuracy, personal best, flight

### Teacher Glossary

|                   |  |
|-------------------|--|
| <b>Stamina</b>    | The ability to sustain prolonged physical or mental effort.                          |
| <b>Changeover</b> | Where a baton is passed from one person to another                                   |
| <b>Jump</b>       | Take off and land on two feet.   |
| <b>Hop</b>        | Take off on one foot and land on the same foot.                                      |
| <b>Leap</b>       | Take off on one foot and land on the other. Also known as a step in the triple jump. |

## Official Athletic Events

### Running

#### Sprinting

100m, 200m, 400m

#### Hurdles

#### Relay

#### Middle distance

800m, 1500m

#### Long distance

5,000, 10,000

#### Steeplechase

### Jumping

#### Long jump

Jump for distance

#### Triple jump

Jump for distance

#### High jump

Jump for height

#### Pole vault

Jump for height

### Throwing

#### Discus

Fling throw

#### Shot

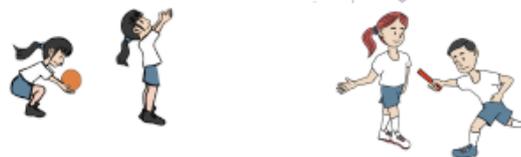
Push throw

#### Hammer

Fling throw

#### Javelin

Pull throw



#### **Health and safety**

In throwing activities, even where pupils are throwing soft athletic equipment it is important to instil good practice for the future.

Ensure:

- pupils wait for instruction and check the area is clear before throwing

- there is adequate space between throwers

In obstacle events ensure the following:

- the obstacles can fall easily when hit

- there is adequate space for returning runners

- runners only hurdle the obstacles in one direction

Remind children to:

- Remove any jewellery before the lesson.
- Tie long hair back.
- Wear suitable clothing for PE to school.

**GetSet4PE Gymnastics Scheme Overview  
Year 4**

|          | <b>Learning</b>   | <b>Whole Child Objectives</b>   | <b>Equipment</b>   |
|----------|---|---|--|
| <b>1</b> | <p>LO: To develop stamina and an understanding of speed and pace in relation to distance.<br/>Success criteria:</p> <ul style="list-style-type: none"> <li>• Run at a pace that you can maintain.</li> <li>• Run faster at the end of the race.</li> <li>• Run with fluency and coordination alternating your arms and legs.</li> </ul> | <p><b>Social:</b> To work with my partner to decide on a set pace.<br/><b>Emotional:</b> To show perseverance to complete the run.<br/><b>Thinking:</b> To reflect on activities and identify success and areas for improvement.</p>                    | <p>Beanbags x 15<br/>Cones x 30<br/>Stopwatch x 1</p>  |
| <b>2</b> | <p>LO: To develop power and speed in the sprinting technique.<br/>Success criteria:</p> <ul style="list-style-type: none"> <li>• Elbows bent at 90 degrees.</li> <li>• Run with fluency and coordination alternating your arms and legs.</li> <li>• Sprint on the balls of your feet moving your hands from pocket to mouth.</li> </ul> | <p><b>Social:</b> To help organise my team and encourage them to achieve their best.<br/><b>Emotional:</b> To work to my personal best.<br/><b>Thinking:</b> To provide feedback on my partner's sprinting technique to help them improve.</p>          | <p>Cones x 30<br/>Download Sprinting video</p>   |
| <b>3</b> | <p>LO: To develop technique when jumping for distance.<br/>Success criteria:</p> <ul style="list-style-type: none"> <li>• Jump with control and balance by bending your knees.</li> <li>• Keep looking straight ahead when you jump.</li> </ul>   | <p><b>Social:</b> To collaborate with a partner to jump our furthest distance.<br/><b>Emotional:</b> To work to my personal best.<br/><b>Thinking:</b> To identify areas for development in my partner's jumps and use this to provide feedback.</p>    | <p>cones x 30<br/>Skipping ropes x 8<br/><br/>Download long jump video</p>   |
| <b>4</b> | <p>LO: To develop power and technique when throwing for distance.<br/>Success criteria:</p> <ul style="list-style-type: none"> <li>• Create power in your throw by transferring your weight from your back to your front leg.</li> <li>• Strength and speed will produce power.</li> </ul>  | <p><b>Social:</b> To work safely in our group to work.<br/><b>Emotional:</b> To show honesty when measuring throws using the rules.<br/><b>Thinking:</b> To identify when I am successful and areas for improvement.</p>                                | <p>Basketball x 15<br/>Cones x 60<br/><br/>Download throwing athletics video and throw, heave, launch document.</p>                            |
| <b>5</b> | <p>LO: To develop a pull throw for distance and accuracy.<br/>Success criteria:</p> <ul style="list-style-type: none"> <li>• Begin with a straight arm.</li> <li>• Create power in your throw by transferring your weight from your back to your front leg.</li> <li>• Point the javelin tip slightly up.</li> </ul>                    | <p><b>Social:</b> To lead others.<br/><b>Emotional:</b> To show determination to improve on my previous throw.<br/><b>Thinking:</b> To explore different throwing techniques and decide on one that achieves the furthest distance.</p>                 | <p>Beanbags x 10<br/>Cones x 40<br/>Javelin x 10</p>   |
| <b>6</b> | <p>LO: To develop officiating and performing skills.<br/>Success criteria:</p> <ul style="list-style-type: none"> <li>• Measure from the start line to where the object or performer first lands.</li> </ul>  | <p><b>Social:</b> To work with my group to ensure that we are ready for the activity.<br/><b>Emotional:</b> To show determination to achieve my best at each station.<br/><b>Thinking:</b> To identify areas of strength and areas for development.</p> | <p>Basketballs x 3<br/>Cones x 30<br/>Javelin x 3<br/>Pencils x 5<br/>Stopwatch x 1<br/>Download Y4 carousel stations and Y4 record sheet.</p> |

All lesson plans and equipment lists can be found here:

<https://www.getset4pe.co.uk/lesson/ks2/athletics?years=1003>