

# Athletics Knowledge Organiser

<b>Year: 1</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 skills required in athletic activities such as running at different speeds, changing direction, jumping and throwing. In all athletic based activities, pupils will engage in performing skills and measuring performance, competing to improve on their own score and against others. They are given opportunities to work collaboratively as well as independently.</p>			
<b>Key Knowledge</b>			
<p>Pupils should:</p> <ul style="list-style-type: none"> <li>• Develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.</li> <li>• Be able to engage in competitive (both against self and others) physical activities.</li> <li>• Be taught to master basic movements including running, jumping, throwing as well as developing balance agility and coordination.</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>• Running at varying speeds</li> <li>• Agility</li> <li>• Balance</li> <li>• Jumping, hopping and leaping in combination and for distance.</li> <li>• Throwing for distance</li> </ul>	<ul style="list-style-type: none"> <li>• Collaborating with others</li> <li>• Working safely</li> </ul>	<ul style="list-style-type: none"> <li>• Working independently</li> <li>• Determination</li> <li>• Honesty and playing to the rules</li> </ul>	<ul style="list-style-type: none"> <li>• Exploring ideas</li> </ul>

### Links to other National Curriculum subjects

#### English

- Introduction of key vocabulary – speed, power, strength, accuracy
- Communicating ideas with a partner

#### Maths

- Counting how many cones they can touch in 20 seconds
- Counting how many jumps it takes them to get across a set distance
- Counting how many consecutive throws they can make
- Counting how many target throws they make
- Counting how many lengths of the playground completed in 1 minute
- Estimating distances to make a playing area
- Measuring how far they throw

#### Science

- Understanding the effect exercise has on the body
- Understanding how the body reacts to different exercises
- Understanding which part of the body is used in jumping for height
- Exploring stance to increase power in their throw

### Key Vocabulary

**Prior vocabulary** - push, stop, jump, space, forwards, safely, balance, backwards

**New vocabulary** – far, hop, aim, fast, slow, bend, improve, direction, travel

### Teacher Glossary

<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

### 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

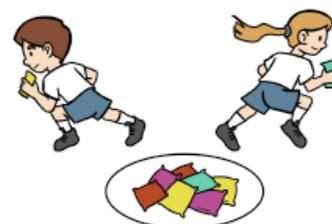
Push throw

##### Hammer

Fling throw

##### Javelin

Pull throw



#### Health and safety

**Teach the pupils how to behave and move in a safe way both with and without equipment. In throwing events ensure all pupils throw in the same direction. Ensure the pupils wait to take turns when instructed to do so and that all equipment is stored safely when not in use.**

**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 1**

	<b>Learning</b>	<b>Whole Child Objectives</b>	<b>Equipment</b>
<b>1</b>	<p>LO: To learn to move at different speeds for varying distances. Success criteria:</p> <ul style="list-style-type: none"> <li>• Run using opposite leg forward to arm.</li> <li>• Take bigger strides when running faster.</li> <li>• Use a slower pace for longer distances.</li> </ul>	<p><b>Social:</b> To make safe decisions when moving around others. <b>Emotional:</b> To persevere when things get hard. <b>Thinking:</b> To reflect on how different exercises affect the body.</p>	Cones x 30
<b>2</b>	<p>LO: To develop a foundation for balance and stability. Success criteria:</p> <ul style="list-style-type: none"> <li>• Jump and land with soft knees.</li> <li>• Keep your chest up whilst moving.</li> <li>• Move slowly to help you maintain balance.</li> </ul>	<p><b>Social:</b> To make safe decisions when moving around others. <b>Emotional:</b> To work independently. <b>Thinking:</b> To identify what helped me to maintain balance.</p>	Base stations x 4 Beanbags x 6 Benches x 1 Cones x 10
<b>3</b>	<p>LO: To develop agility and co-ordination. Success criteria:</p> <ul style="list-style-type: none"> <li>• Bend low and push off quickly to change direction.</li> <li>• Keep your chest up whilst moving.</li> <li>• Keep your feet shoulder width apart when changing direction.</li> </ul>	<p><b>Social:</b> To make safe decisions when moving around others. <b>Emotional:</b> To play to the rules. <b>Thinking:</b> To identify what helps me to change direction.</p>	Cones x 30
<b>4</b>	<p>LO: To explore hopping, jumping and leaping for distance. Success criteria:</p> <ul style="list-style-type: none"> <li>• Bend low and push off quickly to change direction.</li> <li>• Bend your knees and land with control.</li> <li>• Look forwards as you jump.</li> <li>• Swing your arms forward when jumping.</li> </ul>	<p><b>Social:</b> To be aware of others and move around safely. <b>Emotional:</b> To work to my personal best. <b>Thinking:</b> To explore different jumps and use this to help me jump further.</p>	Cones x 30  Download hop, jump and leap videos.
<b>5</b>	<p>LO: To develop throwing for distance. Success criteria:</p> <ul style="list-style-type: none"> <li>• Step forward with opposite foot to throwing arm.</li> <li>• Throw with a balanced stance.</li> <li>• Use an underarm throw for a short distance and an overarm throw for a further distance.</li> </ul>	<p><b>Social:</b> To work safely showing an awareness of others. <b>Emotional:</b> To show determination to improve on my previous throw. <b>Thinking:</b> To choose a throw that will make it harder for the opposition to return.</p>	Beanbags x 30 Cones x 30
<b>6</b>	<p>LO: To develop throwing for accuracy. Success criteria:</p> <ul style="list-style-type: none"> <li>• Increase the swing of your arm to throw the beanbag further.</li> <li>• Point your hand at your target after you throw.</li> <li>• Step forward with opposite foot to throwing arm.</li> <li>• Throw with more force to hit targets further away.</li> </ul>	<p><b>Social:</b> To work collaboratively with others. <b>Emotional:</b> To show determination to achieve my personal best at each station. <b>Thinking:</b> To understand that where my hand releases an object has an effect on the throw.</p>	Beanbags x 18 Cones x 10 Agility ladder x 2 Tennis balls x 2

All lesson plans and equipment lists can be found here:

<https://www.getset4pe.co.uk/lesson/ks1/athletics?years=1000>