

# Athletics Knowledge Organiser

<b>Year: 5</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. In this unit, pupils 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. They learn how to improve by identifying areas of strength as well as areas to develop. Pupils are also given opportunities to lead when officiating as well as observe and provide feedback to others.</p> <p>In this unit, pupils learn the following athletic activities: long distance running, sprinting, triple jump, discus and shot put.</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>Relay changeovers</li> <li>Jumping for distance – long jump, triple jump</li> <li>Push throw for distance – shot put, javelin</li> <li>Pull throw for distance</li> </ul>	<ul style="list-style-type: none"> <li>Negotiating</li> <li>Collaborating with others</li> <li>Supporting others</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> </ul>

### Links to other National Curriculum subjects

#### English

- Learning of key vocabulary – Consistent, down sweep, upsweep, bounding, momentum
- Communicating ideas
- Reading and communicating coaching cards
- Structuring feedback for peers

#### Science

- Understanding the effect exercise has on the body
- Learning the names of muscles
- Understanding how the body reacts to different exercises
- Exploring transferring weight to create power in throws

#### Maths

- Making 90° angles at the elbow in sprinting
- Timing peers with a stopwatch
- Calculating distances and dividing metres between their group

### **Key Vocabulary**

Prior vocabulary – Stamina, speed, pace, technique, determination, perseverance, officiate, power, accuracy, personal best, flight.

New vocabulary – technique, compete, continuous pace, flight, determination, personal best, momentum, stride, downsweep, upsweep, rhythm.

### **Teacher Glossary**

<b>Changeover</b>	Where a baton is passed from one person to another
<b>Downsweep</b>	In relay when the performer passes the baton in a downward action.
<b>Upsweep</b>	When the performer passes the baton in an upward action.
<b>Flight</b>	The time the performer spends in the air in jumping events.
<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.
<b>Pull throw</b>	When the performer pulls the item through the air
<b>Push throw</b>	When the performer pushes the item through the air

### **Official Athletic Events**

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

	<b>Learning</b>	<b>Whole Child Objectives</b>	<b>Equipment</b>
<b>1</b>	<p>LO: To be able to apply different speeds over varying distances. Success criteria:</p> <ul style="list-style-type: none"> <li>Choose the best pace for the running event.</li> <li>Run at a pace that you can maintain.</li> <li>Steady your breathing by breathing in through your nose and out through your mouth.</li> </ul>	<p><b>Social:</b> To work collaboratively with my partner to set a pace. <b>Emotional:</b> To show perseverance to complete the run. <b>Thinking:</b> To be able to identify stretches that warm up different body parts.</p>	<p>Cones x 30 Stop watch x 1</p> <p>Download Stretches for athletics document</p>
<b>2</b>	<p>LO: To develop fluency and coordination when running for speed. Success criteria:</p> <ul style="list-style-type: none"> <li>Sprint on the balls of your feet moving your hands from pocket to mouth.</li> <li>Take big strides.</li> </ul>	<p><b>Social:</b> To discuss, negotiate and agree on a running order. <b>Emotional:</b> To be confident to take on different roles. <b>Thinking:</b> To provide feedback on another's sprinting technique to help them improve.</p>	<p>Cones x 30</p> <p>Download sprinting video, sprinting coaching card and stretches for athletics documents. Optional: stopwatch</p>
<b>3</b>	<p>LO: To develop technique in relay changeovers. Success criteria:</p> <ul style="list-style-type: none"> <li>Choose the best pace for the running event.</li> <li>Communicate with teammates to exchange the baton smoothly.</li> <li>Hold the end of the baton.</li> <li>Run at a slow speed when waiting to receive the baton.</li> </ul>	<p><b>Social:</b></p> <ul style="list-style-type: none"> <li>I can communicate with my teammates to help create a smooth changeover.</li> <li>I support, congratulate and encourage others when competing.</li> </ul>	<p>Cones x 30 Relay batons x 8</p> <p>Download downsweep and upsweep videos.</p>
<b>4</b>	<p>LO: To develop technique and coordination in the triple jump. Success criteria:</p> <ul style="list-style-type: none"> <li>Hop: One foot to the same foot.</li> <li>Jump: Land two feet.</li> <li>Perform a range of jumps showing balance in take off and landing.</li> <li>Show control at take-off and landing by bending your knees.</li> <li>Step: One foot to the other foot.</li> </ul>	<p><b>Social:</b> To work with a partner to establish the correct jumping pattern. <b>Emotional:</b> To work to my personal best. <b>Thinking:</b> To identify areas for improvement in my partner's jumps and use this to provide them with feedback.</p>	<p>Cones x 30 Tape measure x 4</p> <p>Download triple jump video.</p> <p>Optional: Base stations</p>
<b>5</b>	<p>LO: To develop throwing with force for longer distances. Success criteria:</p> <ul style="list-style-type: none"> <li>Finish your throw with your hand high.</li> <li>Strength and speed will create power.</li> <li>Transfer your weight from your back to your front leg.</li> </ul>	<p><b>Social:</b> To support and encourage my teammates to achieve their best. <b>Emotional:</b> To show determination to achieve my best. <b>Thinking:</b> To explore throwing from different start points and use my findings to identify the most effective position.</p>	<p>Cones x 60 Light shot puts x 15 Tennis balls x15</p> <p>Download shot put video and shot put technique and stretches for athletics documents.</p> <p>Optional: Bean bags</p>
<b>6</b>	<p>LO: To develop throwing with greater control and technique. Success criteria:</p> <ul style="list-style-type: none"> <li>Begin your throw in a balanced stance.</li> <li>Point the javelin tip slightly up.</li> <li>Transfer your weight from your back to your front leg.</li> </ul>	<p><b>Social:</b> To work with my group to ensure that we are ready for the activity. <b>Emotional:</b> To work to my personal best. <b>Thinking:</b> To explore using a run up in the javelin throw and identify the effect this has on the distance I achieve.</p>	<p>Cones x 30 Javelin x 10 Tape measure x 4</p>

All lesson plans and equipment lists can be found here:

<https://www.getset4pe.co.uk/lesson/ks2/athletics?years=1004>