

Athletics Knowledge Organiser

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

| Whole child Skills | | | |
|--|---|--|---|
| Physical | Social | Emotional | Thinking |
| <ul style="list-style-type: none"> Running at different speeds Jumping for distance Throwing for distance | <ul style="list-style-type: none"> Working collaboratively Working safely | <ul style="list-style-type: none"> Working independently Determination | <ul style="list-style-type: none"> Observing and providing feedback Exploring ideas |

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 - far, hop, aim, fast, slow, bend, improve, direction, travel

New vocabulary - sprint, jog, distance, height, take off, landing, overarm, underarm

Teacher Glossary

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|---------------------|---|
| Pace | The speed at which a performer runs |
| Agility | The ability to change direction quickly and easily. |
| Jump | Take off and land on two feet. |
| Hop | Take off on one foot and land on the same foot. |
| Coordination | To move different body parts at the same time. |

Official Athletic Events

| Running | Jumping | Throwing |
|---|---|---|
| Sprinting 100m, 200m, 400m Hurdles Relay Middle distance 800m, 1500m Long distance 5,000, 10,000 Steeplechase | Long jump Jump for distance Triple jump Jump for distance High jump Jump for height Pole vault Jump for height | 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 2

| | Learning | Whole Child Objectives | Equipment |
|----------|---|--|--|
| 1 | <p>LO: To develop the sprinting action. Success criteria:</p> <ul style="list-style-type: none"> • Balance when running by alternating arms and legs. • Run on the balls of your feet. • Take big strides when running fast. | <p>Social: To communicate with others discussing technique. Emotional: To work to my personal best. Thinking: To understand what good technique looks like and can recognise it when I see it.</p> | <p>Cones x 30</p> <p>Download Sprinting video</p> |
| 2 | <p>LO: To develop jumping for distance. Success criteria:</p> <ul style="list-style-type: none"> • Bend your knees to help push off. • Look forward at take off and landing. • Soft bent knees on landing. • Swing your arms up at take off. | <p>Social: To make safe decisions when moving around others. Emotional: To show determination to improve on my previous jumps. Thinking: To identify areas for improvement in a classmate's technique.</p> | <p>Base stations x 30</p> <p>Download Long jump video</p> |
| 3 | <p>LO: To develop technique when jumping for height. Success criteria:</p> <ul style="list-style-type: none"> • Drive your arms upwards to help you jump higher. • Jump from a balanced starting position. • Look forward at take off and landing. • Use different techniques to tackle different obstacles. | <p>Social: To make safe and responsible decisions when jumping over equipment. Emotional: To work to my personal best. Thinking: To explore different take offs and use this to help me jump higher.</p> | <p>Activity skittles x 10</p> <p>Cones x 20</p> <p>Hurdles x 6</p> |
| 4 | <p>LO: To develop throwing for distance. Success criteria:</p> <ul style="list-style-type: none"> • Place your opposite leg to throwing arm forward. • Stand sideways on to the direction of the throw. • Throw from a balanced starting position. | <p>Social: To make safe decisions when moving around others and stop to prevent myself bumping into people. Emotional: To show determination to improve my throw. Thinking: To observe others and provide feedback.</p> | <p>Beanbags x 15</p> <p>Cones x 30</p> <p>Hoops x 15</p> <p>Download stretches for Athletics document.</p> |
| 5 | <p>LO: To develop throwing for accuracy. Success criteria:</p> <ul style="list-style-type: none"> • Keep your eyes looking at your target. • Point your hand at your target after you throw. • Throw from a balanced starting position. | <p>Social: To congratulate my partner for working hard and for using a good technique. Emotional: To show determination to improve on my previous throw. Thinking: To select and apply an appropriate throw for the activity.</p> | <p>Activity skittles x 2</p> <p>Beanbags x 6</p> <p>Cones x 12</p> <p>Cricket wickets x 2</p> <p>Hoops x 8</p> <p>Tennis balls x 4</p> |
| 6 | <p>LO: To develop technique when taking part in an athletics carousel. Success criteria:</p> <ul style="list-style-type: none"> • Keep soft knees when linking running and jumping movements. • Look forward at take off and landing. • Throw from a balanced starting position. • Try your best at each station and encourage each other to work for the whole time. | <p>Social: To support my partner to achieve their personal best. Emotional: To work independently. Thinking: To identify areas of strength.</p> | <p>Beanbags x 6</p> <p>Cones x 10</p> <p>Hurdles x 6</p> <p>Download Athletics carousel document.</p> |

All lesson plans and equipment lists can be found here:

<https://www.getset4pe.co.uk/lesson/ks1/athletics?years=1001>