

Athletics Knowledge Organiser

Year: 6			
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 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>			
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"> Pacing Sprinting technique Relay changeovers Jumping for height Jumping for distance – long jump, triple jump Push throwing for distance – shot put, javelin Pull throw for distance 	<ul style="list-style-type: none"> Negotiating Collaborating with others Supporting others 	<ul style="list-style-type: none"> Perseverance Determination 	<ul style="list-style-type: none"> Observing and providing feedback

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

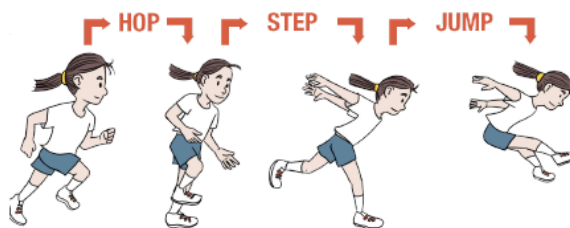
New vocabulary – control, force, trajectory, officiate, relation, transfer of weight.

Teacher Glossary

Lead leg	Refers to the leg that clears the hurdle first
Trail leg	Refers to the leg that clears the hurdle second
Changeover	Where a baton is passed from one person to another
Downsweep	In relay when the performer passes the baton in a downward action.
Upsweep	When the performer passes the baton in an upward action.
Flight	The time the performer spends in the air in jumping events.
Hop	Take off on one foot and land on the same foot.
Leap	Take off on one foot and land on the other. Also known as a step in the triple jump.
Pull throw	When the performer pulls the item through the air
Push throw	When the performer pushes the item through the air

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
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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 6

	Learning	Whole Child Objectives	Equipment
1	<p>LO: To work collaboratively with a partner to set a steady pace. Success criteria:</p> <ul style="list-style-type: none"> Run at a pace that you can maintain. Select and apply the best pace for the running event. Steady your breathing by breathing in through your nose and out through your mouth. Vary your stride length to match someone else's pace. 	<p>Social: To work collaboratively and communicate with my partner. Emotional: To show perseverance to complete a six minute run. Thinking: To understand the importance of preparing the body for exercise.</p>	<p>Cones x 15 Stopwatch x1</p>
2	<p>LO: To develop your own and others sprinting technique. Success criteria:</p> <ul style="list-style-type: none"> Demonstrate a consistent stride length when sprinting. Work collaboratively in a team by listening and sharing ideas. 	<p>Social: To discuss, negotiate and agree on a set distance for each of my teammates. Emotional: To show empathy towards others when making decisions. Thinking: To provide feedback on another's sprinting technique to help them improve.</p>	<p>Cones x 15 Download sprinting video and stretches for athletics document</p>
3	<p>LO: To develop power, control and technique for the triple jump. Success criteria:</p> <ul style="list-style-type: none"> Keep a consistent rhythm. Link jumps showing control and balance. Perform jumps for distance using good technique. 	<p>Social: To work with a partner to establish the correct jumping pattern. Emotional: To persevere if I find something difficult. Thinking: 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 Download triple jump video Optional: Base stations</p>
4	<p>LO: To develop power, control and technique when throwing for distance. Success criteria:</p> <ul style="list-style-type: none"> Throw for distance with a balanced stance. Transfer your weight from your back to your front leg. 	<p>Social: To make safe responsible decisions. Emotional: To persevere when learning a new skill. Thinking: To identify areas for development in my partner's throws and use this to provide feedback.</p>	<p>Discus x 10 Quoits x 10 Tape measure x 4 Download discus video Optional: hoops</p>
5	<p>LO: To develop throwing with force and accuracy for longer distances. Success criteria:</p> <ul style="list-style-type: none"> Aim to throw accurately. Follow through with your hand in the direction of your throw. Throw for distance with a balanced stance. Transfer your weight from your back to your front leg. 	<p>Social: To work with my group to ensure that we are ready for the activity. Emotional: To be accepting of feedback. Thinking: To identify areas for development in my partner's throws and use this to provide feedback.</p>	<p>Cones x 60 Hoops x 10 Light shot puts x 10 Tape measure x 4 Download shot put video and shot put technique document. Optional: tennis balls</p>
6	<p>LO: To work collaboratively in a team to develop the officiating skills of measuring, timing and recording. Success criteria:</p> <ul style="list-style-type: none"> Be determined to try your best. Measure to the point nearest to the start line. Work collaboratively in a team by listening and sharing ideas. 	<p>Social: To discuss, negotiate and agree on an event for each of my teammates to compete in. Emotional: To show determination to achieve my best at each station. Thinking: To identify areas of personal strength.</p>	<p>Cones x 10 Discus x 2 Hurdles x 4 Light shot puts x 2 Pencils x 6 Stop watch x 4 Tape measure x 3 Download Athletics meet event stations and record sheet documents.</p>

All lesson plans and equipment lists can be found here:

<https://www.getset4pe.co.uk/lesson/ks2/athletics?years=1005>