



PE - Knowledge Organiser

Spring 2 – Year 4 – Athletics

Knowledge Organiser Athletics Year 4

About this Unit

In this unit you will be set challenges for distance and time that involve using different styles of running, jumping and throwing. You will try to achieve your greatest possible speed, distance or accuracy and learn how to persevere to achieve your personal best. You will learn how to improve by identifying areas of strength as well as areas to develop. You will also be given opportunities to read when officiating as well as observe and provide feedback to others.

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 Ring throw Shot Push throw Hammer Ring throw Javelin Pull throw
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Have you seen any of these events before?

Powerful Knowledge

accuracy: how close the object is to the given target
distance: how far or how high
heave: throwing with power from low to high
launch: the point where an object is let go
measure: to mark a distance
official: referees who judge events
officiate: to be in charge of the rules
pace: how fast you are running
power: speed and strength combined
record: to make note of
speed: how fast you are travelling
stamina: the ability to move for sustained periods of time
stride: the length of the step
technique: the action used correctly
transfer of weight: movement of body weight from one place to another

Ladder Knowledge

Running: Pace yourself when running further or for a long period of time. A high knee drive, pumping your arms and running on the balls of your feet will give you power to run faster.	Jumping: Transferring weight will help you to jump further. Swing your arms forwards and push your hips forward to help you to transfer weight.	Throwing: Transferring weight will help you to throw further. Move the weight from your back leg to your front leg to help you to throw further.
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Movement Skills

- pace
- sprint
- jump for distance
- throw for distance

This unit will also help you to develop other important skills.

- Social** collaboration, leadership
- Emotional** perseverance, determination, honesty
- Thinking** reflection, observing and providing feedback, exploring ideas, comprehension

Rules

JUMPING EVENTS

- Performers must take off before the line.
- Jumps are measured from the take-off line to the body part closest to the take-off line that touches the ground.

THROWING EVENTS

- Throws are measured from the throw line to where the object first lands.

Healthy Participation

In throwing activities ensure you:

- wait for instruction and check the area is clear before throwing.
- there is adequate space between throwers.

If you enjoy this unit why not see if there is an athletics club in your local area.

How will this unit help your body?

- agility, balance, co-ordination, speed, stamina, strength

Home Learning

It's all About the Pace

What you need: socks and a stopwatch or clock

How to play:

- Mark a track around your home using socks.
- How many times can you run around your track in 30 seconds?
- Can you double the distance if you work for 1 minute? How did that make you feel?
- Can you run your track without stopping for 4 minutes? Pace yourself to maintain a consistent speed.
- How many laps did you complete?

Notice what happens to the distance you complete when the time increases.

www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit. @getset4education136

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