

Knowledge Organiser Physical Education Year 5 Summer

Athletics



St Elizabeth's Catholic Primary School
"Love one another as I have loved you"

Prior knowledge

- Difference between sprinting and jogging
- Understanding of speed and pace in relation to distance
- Develop power and speed in sprinting technique
- Develop technique when jumping for distance
- Jump for distance with balance and control
- Explore fluency and technique for a vertical jump
- Throw with some accuracy and power

Physical skills developed in this topic

- Show control at take off and landing
- Show accuracy and power when throwing
- Choose the best pace for a running race
- Explore rhythm in triple jump
- Develop technique and power in javelin and vortex

Knowledge and skills covered in this topic

- The activities that form Borough Sports and Sportshall Athletics
- Apply fluency and coordination when running for speed in relay changers
- Effectively apply speeds appropriate for the event
- Develop power, control and consistency in jumping for distance
- Use feedback to improve my technique
- Take on the role of official, measure and time

Key words

Borough Sports: Inter-school Athletics competition (50m sprint, 400m run, relay, vortex throw and long jump)

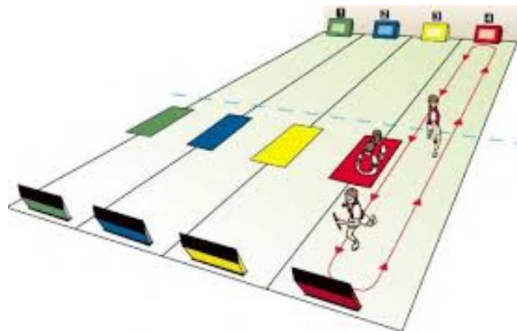
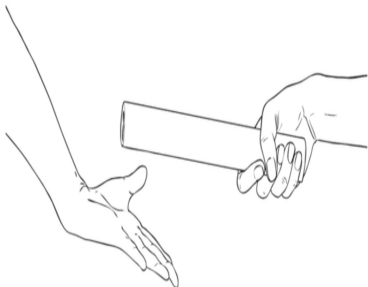
Sportshall Athletics: Indoor athletics competition, including jumping events, throwing events and relay races using reversa boards and obstacles

Lead Leg: Preferred leg to start running or step over the obstacle

Change over: Where the baton or runner is handed over

Flight: Time in the air or object or athlete

Trajectory: Angle and pathway of the something moving through the air



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