

Knowledge Organiser Physical Education Year 1 Summer

Athletics



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

Prior knowledge

- Explore running at different speeds
- Develop balance whilst jumping and landing
- Explore hopping, jumping and leaping for distance
- The difference between a jump, leap and hop
- Explore throwing for distance and accuracy
- Develop an overarm throw
- Recognise changes in the body when exercising

Physical skills developed in this topic

- Develop overarm throw
- Run at different speeds
- Recognise changes in body when exercising

Knowledge and skills covered in this topic

- Explore running at different speeds
- Develop balance whilst jumping and landing
- Explore hopping, jumping for distance and leaping for distance
- Explore throwing for distance and accuracy
- How to make safe choices
- Recap and develop skills for KS1 sports day

Key words

Athletics: The sport of competing in track and field events, including running races and various competitions in jumping and throwing

Running races: Races against other children that involve running, either short or long distances

Agility: Ability to change direction and speed under control

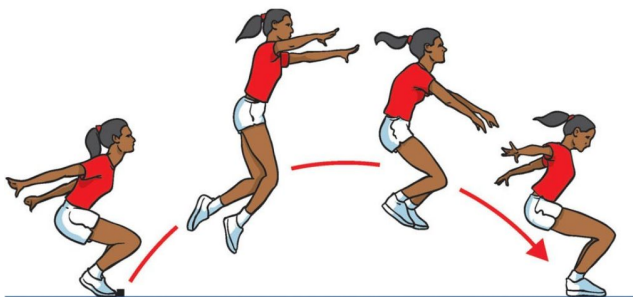
Sprint: Fast running

Jog: Gentle running

Overarm: Object thrown from above shoulder

Underarm: Object thrown with swing from below the elbow

Sports Day: School Athletics competition, including: running, jumping and throwing skills



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