

# Knowledge Organiser Physical Education Year 2 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
- Explore throwing for distance and accuracy
- Recognise changes in the body when exercising
- The difference between a jump, leap and hop
- Develop and over arm throw

### Physical skills developed in this topic

- Develop a sprinting action
- Develop overarm throwing for distance

### Knowledge and skills covered in this topic

- Develop jumping, hopping and skipping actions
- Explore safely jumping for distance and height
- Show balance and coordination when running at different speeds
- Use overarm throws for distance
- Identify good technique in different events
- 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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