

# Knowledge Organiser Physical Education Year 4 Summer

## Athletics



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

### Prior knowledge

- A sprinting technique and how to apply it to relay events
- A range of approaches and take off techniques for jumping for distance
- Explore a technique for a pull throw
- Sports day activities

### Physical skills developed in this topic

- 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

### Knowledge and skills covered in this topic

- Begin to develop skills and knowledge of the sportshall athletic format
- Begin to develop knowledge of the Borough Sports Day activities
- To understand the difference between sprinting and jogging
- Understanding of speed and pace in relation to distance
- Throw with some accuracy and power
- Compare performances and demonstrate improvement

### 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

**Power:** Maximum force you exert through your body to: throw, jump or sprint

**Stamina:** The ability to keep exercising for a long period of time

**Perseverance:** To make it through a challenging time and develop technique in the face of challenges

**Personal best:** An individual's best recorded attempt in a given sporting discipline, e.g. furthest long jump or throw

