

Knowledge Organiser Physical Education Year 6 Summer

Athletics



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

Prior knowledge

- 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
- Explore rhythm in triple jump
- Develop technique and power in javelin and vortex

Physical skills developed in this topic

- Demonstrate accurate control over running speed, stamina, jumping and throwing
- Consistently measure and review the success of the technique or action changes

Knowledge and skills covered in this topic

- Demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique
- Hurdle with greater control and coordination
- Develop power, control and technique in the triple jump
- Develop power, control and technique when throwing a javelin or vortex
- Compete within rules honestly and fairly
- Refine Borough sport tactics and techniques

Key words

Borough Sports: Inter-school Athletics competition (75m sprint, 600m 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

Stride: Length of step forward

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

