



ATHLETICS

KNOWLEDGE ORGANISER

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Overview

-Athletics is the name for a number of different sports that require strength, endurance and skill. Athletics includes track and field events.

-Track events involve running and sprinting. Examples are the 100 metre sprint and hurdles.

-Field events often use skills like jumping and throwing. Examples include the shotput throw and the long jump.

-Someone competing in athletics is known as an athlete. They should learn how to perform movements safely, build our confidence and respond to feedback given by others.



Social and Emotional

Supporting and Encouraging
Encouraging and supporting others can help them to feel good and perform well.



Honesty and Fair Play
Fair play is about learning the rules of the game and putting them into practice honestly. We should not try to gain an unfair advantage over others.

Keeping Safe
Follow the rules and listen to the coach/ referees instructions. Store and handle apparatus properly.



Building Confidence
Some athletic moves can be difficult or dangerous. It is important that we believe in ourselves and build confidence before attempting moves.

Perseverance
Perseverance is about keeping going even when something is difficult or tiring.



Challenging Myself
Whenever we learn anything, we have to start somewhere! Improving ourselves is all about putting in hard work and practice, challenging ourselves to be better than we were before!

Key Vocabulary

- Athletics
- Strength
- Speed
- Endurance
- Running
- Jumping
- Throwing
- Sprinting
- Obstacle
- Equipment
- Persevere
- Hurdling
- Distance

Physical

Skill	Definition	How do I do this?
 Sprinting	To run a short distance at top speed.	-Keep looking straight ahead, and take big strides. -Run on the balls of your feet and lift your knees high and fast. Use your arms for balance (alternate to legs) moving from pockets to mouth.
 Hurdling	To leap over obstacles whilst running.	-Look straight ahead when running and hurdling so that you don't over-rotate. Bend your knees on take-off and landing. Count the number of strides between each obstacle and try to keep this even. Keep a rhythm between the obstacles.
 Jumping	To launch both legs off the floor at the same time	-Bend your knees on take-off and landing. -For distance, swing your arms up for momentum. -Where appropriate, take off from two feet.
 Throwing	To launch something with force from the hand.	-Begin with a high elbow in line with shoulder and back of head. Point your non-throwing arm in direction of target. Foot of non-throwing side forward. Push throwing arm forward and release.
Using multiple skills	To use the above skills together.	-Many events involve running and jumping or running and throwing. Make sure that you are still keeping the correct technique, for skill & strength.

Thinking/ Strategic

Obstacle – Something that needs to be avoided (e.g. jumped over or moved around).

Track – The name given to events that take place on a running track. The tracks are often made of rubber for more bounce and speed. Full-sized athletics tracks are often 400 metres around.

Field –Events that do not take place on the running track, e.g. jumping and throwing events. They often take place inside the oval track.

-In athletics, it is important to try and reflect on your strengths and weaknesses in order to beat your personal bests. When things do not go well consider which parts of your technique were not quite right, and take steps to improve them. You should also try to help others to improve through offering clear and fair feedback.

Health and Safety

Exercise in safe spaces. Be mindful of others.	Keep your head up and know what is around you.	Warm up properly including stretching your muscles.	Bend your knees when you land jumps.	When using obstacles, make sure that they are a safe height and are not fixed in the ground.	Make sure that equipment is in working order.	Make sure that equipment is put away properly.	Warm down after exercising.	Remove jewellery and wear suitable clothing/ equipment.
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