

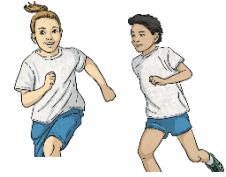












St John Fisher RC Primary School

KS2 PE Knowledge Organiser Summer Term Two: Athletics

This Athletics unit will teach the children the skills and techniques needed in order to take part in a range of sporting events during KS2 sports day.







Why do we do PE?	Athletics Overview		
<p>We take part in PE sessions to keep our bodies and minds healthy. PE at St John Fisher ensures that all pupils develop competence to excel in a broad range of physical activities and lead healthy, active lives. We aim to inspire all pupils to succeed and excel in competitive sport and other physically-demanding activities. We provide opportunities for all pupils to become physically confident in a way which supports their health and fitness. We provide opportunities to compete in sport which builds character and helps to embed values such as fairness and respect.</p>	<p>In this athletics unit, children will have the opportunity to develop their existing running, jumping and throwing skills. They will be running for speed and endurance as well as learning the technique for the standing vertical jump. They will also learn the technique for throwing the discus (the fling throw) and practise other types of throwing techniques, including the one-handed pull throw (javelin) and the one-handed push throw (shot-put). The children will have the opportunity to take part in individual, paired and group activities and games.</p>		
Week 1 – Sprint Start	Week 2 – Endurance Running	Week 3 – Jumping for Height	
<p>During this lesson we are going to learn how to use an effective technique for sprinting including the sprint start. We will focus on trying to improve our reaction time in order to get the best possible sprint start. The two common ways to start a sprint race are the standing start position and the crouch start position. We will practise these to see which is most effective and practise sprinting races.</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>	<p>During this lesson we are going to learn how to sustain a running pace over longer distances. Long distance running requires stamina and mental strength. Don't forget, just because people are ahead of you at the beginning of a race, it doesn't mean they'll be there at the end! They might set off too quickly, get tired and need to slow down. Think of the story of The Tortoise and the Hare!</p> <div style="text-align: center;">  </div>	<p>During this lesson we are going to practise jumping for height. We will learn the technique for the standing vertical jump as well as how to accurately measure jumps. The standing vertical jump involves getting as much height as possible from a standing position using an upward take-off from either one or two feet. We will measure our jumps by making a mark on the wall at the highest possible point with the chalk.</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>	
Week 4 – The Fling Throw	Week 5 – Throwing Gala	Resources	Athletics
<p>During this lesson we to be learning the fling throw technique and will be trying to throw objects as far and as accurately as possible. We will learn how to throw a primary discus as far as we can. We will measure the approximate distance thrown, with the help of a partner, using the cones set out at two metre intervals. We will measure from the throwing line to the point where the discus first lands.</p> <div style="display: flex; justify-content: space-around; align-items: center;">    </div>	<p>During this lesson we are going to have a go at throwing a range of implements using a variety of throwing techniques. We will be throwing for both distance and accuracy. We are going to work in partners to take it in turns to throw the shot-put using the one-handed push throw technique and measure the distance achieved. In your partners we will move on to throw the javelin using the one-handed pull throw technique and measure the distance achieved in exactly the same way we did with the shot-put. We will then recap what we did last lesson and use the fling technique to throw a discus and measure the distance.</p> <div style="display: flex; justify-content: space-around; align-items: center;">    </div>	<ul style="list-style-type: none"> Cones Beanbags Shot-put Discus Javelin Stopwatches Tape measure 	<p>Athletics is a collection of sporting events that involve running, jumping, throwing and walking. Most athletic events are either 'track' or 'field' events. Track events involve all forms of running and walking. Field events are the throwing and jumping events.</p>



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Athletics – Key Vocabulary	The Olympics	Famous Athletes
<p>Athletics – A sport of completing track or field events including running, jumping and throwing.</p> <p>Track event – Track events are activities which test an athletes running, endurance and speed capabilities.</p> <p>Field event – Field events are activities which test an athletes throwing and jumping capabilities.</p> <p>Stamina – The ability to sustain prolonged physical effort.</p> <p>Endurance running – Long distance running.</p> <p>Jumping – To push yourself off a surface into the air by using the muscles in your legs and feet.</p> <p>Throwing – To propel something with force through the air by a movement of the arm and hand.</p> <p>Technique – The basic movement of a sporting event.</p> <p>Sprint – A run at full speed over a short distance.</p> <p>Relay – A race between teams of two or more contestants with each team member covering a specified portion of the entire course.</p> <p>Hurdles – A series of upright frames over which athletes in a race must jump.</p> <p>Standing long jump – A two footed horizontal jump from a standing position.</p> <p>Javelin – An athletics contest in which a light spear is thrown as far as possible.</p> <p>Shot put – An athletic contest in which a very heavy round ball is thrown as far as possible.</p> <p>Discus – An athletic contest in which a heavy disc is thrown as far as possible.</p>	<p>Olympics – The Olympic Games are a global sporting event that aims to bring people together from multiple countries to compete.</p>  <p>When Did the Olympics Begin? Over two thousand seven hundred years ago, the Olympics began as part of a religious festival in Olympia in ancient Greece.</p>  <p>In 1894, the games were resurrected and the International Olympic Committee was formed. Since the first modern games in 1896, the Olympic Games have taken place every four years, with athletes from all over the world taking part in different events.</p> <p>Olympic Events:</p>  <p>Olympic Medals Olympic medals are awarded to athletes who come 1st, 2nd or 3rd in their event. Gold is awarded to the winner who came 1st, silver is awarded to 2nd place and bronze to 3rd place.</p> 	<p>Name: Mo Farah Country: England Event: Retired middle and long distance runner Fact: During his career, Mo Farah won four Olympic gold medals and six world championships, more than any other British athlete.</p> 
		<p>Name: Usain Bolt Country: Jamaica Event: Retired sprinter Fact : Usain Bolt was the first person to set world records in 100m sprint, 200m sprint and the 4x100m relay race.</p> 
		<p>Name: Jazmin Sawyers Country: England Event: Long jump Fact: Representing England, she was the silver medallist in the long jump at the 2014 Commonwealth Games.</p> 