
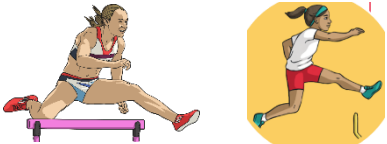







St John Fisher RC Primary School

KS1 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 KS1 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 learning about an effective sprint technique including sprinting over obstacles. The children will be given opportunities to use a variety of throwing techniques, including the underarm and overarm throw to throw for both distance and accuracy. They will learn the technique for throwing the shot put (push throw) and how to do the standing long jump. Throughout the unit, they will be encouraged to try and achieve their personal best and will be working independently, in pairs, as well as collaboratively within a group.</p>		
Week 1 – Super Sprinting	Week 2 – Heroic Hurdling	Week 3 – Jumping Animals	
<p>During this session we are going to learn how to sprint effectively. As sprinting involves trying to cover a short distance in the fastest possible time, it is important to make sure we are using the most efficient technique for sprinting. In today's lesson we will be identifying and practising the most effective running technique for sprinting. We will be focusing on having a good arm action and leg action as well as what we should be doing with our head and the rest of our body.</p>	<p>During this session we are going to learn how to run with fluency over hurdles. Hurdling is the act of running and jumping over obstacles at speed. We will practise our lead leg and trail leg action and our stride pattern. We will try to run with fluency and coordination over the obstacles while trying to keep our stride even. We will focus on trying find a good rhythm and technique before we build up our speed.</p>	<p>During this lesson we are going to learn to jump for distance. The long jump is a field event in athletics that combines speed, strength and agility. In today's lesson, we will be trying to jump as far as possible using the standing long jump, which is a horizontal jump from a standing position. We will focus on our take-off, flight (action in the air) and landing to try and jump the furthest distance possible.</p>	
			
Week 4 – Thorough Throwing	Week 5 – Push Throw Space Mission	Resources	Athletics
<p>During this session we will develop and refine different throwing techniques. We will be using and developing our underarm and overarm throwing skills. The underarm throw is used for short distances and is more accurate than the overarm throw. It involves a backward-forward swing of the hand to release the ball. The overarm throw is a skill used in many sports to get the ball over a long distance. The technique used to throw a ball overarm is very similar to the technique used to throw a javelin.</p>	<p>During this session we are going to learn different push throw techniques. In athletics, the push throw relates to the shot put. Power, strength and speed are required for this throw. In today's lesson, we will be learning and developing the technique for the one-handed and the two-handed push throw. We will be throwing for distance and accuracy.</p>	<ul style="list-style-type: none"> Cones Beanbags Skipping Ropes Low level hurdles Stopwatches Hoops Tape measures Tennis balls Netballs 	<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>Running – To move faster than a walk.</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>Underarm throw – A manipulative skill that involves applying a pushing force to an object to propel it (below the shoulder).</p> <p>Overarm throw – A throw made with the arm moving above the shoulder.</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>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>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>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: 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> 

