

World's End Junior School Knowledge Organiser

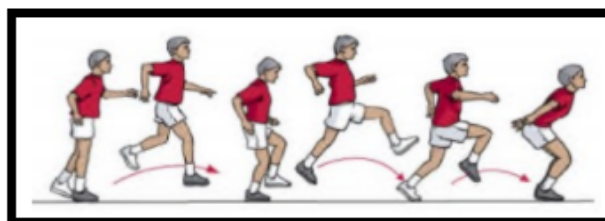
Year 3 - Athletics

In this athletics unit, we will develop a range of skills including: throwing the javelin and discuss, running at different speeds (sprint and longer distance running) and learning the steps to complete the long jump and triple jump.

Javelin overarm throw



Triple Jump -hop, step, jump



Movement

- I can recognise there are different styles of running.
- I can attempt different styles of throwing.
- I can complete a short sequence of jumps.

Leadership

- I can sometimes lead a relay team.
- I will try to give constructive feedback.

Healthy lifestyle

- At least 30 minutes of continuous movement to increase cardiovascular strength.

Tactics and Strategies

- I am beginning to use different styles of running depending on the task.
- I can think about different strategies in the relay race.

Personal and Social

- I can work with a partner to practice skills.
- I can watch video footage to improve my performance.

Physical Education Knowledge Categories



Vocabulary

Relay, pace, jump, throw, sprint, technique, javelin, discuss, shot put, hurdles.

Vocabulary Explained

Relay: a race between teams of runners, where each team member in turn covers part of the total distance.

Pace: how quickly a competitor should run to be able to complete the race.

Long Jump: a leap as far as possible after a run up.

Triple jump: a leap as far as possible after performing a hop, step and jump.

Technique: there are different ways of running, jumping and throwing.

Javelin: a spear-like object that is thrown from above the shoulder.

Discus: a heavy disc that is thrown from behind.

Shot put: a heavy ball that is thrown from the neck.

Hurdles: upright frames that are jumped over.

Professional Athletics

Jessica Ennis – won an Olympic gold medal in London 2012 games for the heptathlon (an event consisting of seven different track and field events).



Jonnie Peacock made a name for himself in 2012 as he was crowned Paralympic champion in front of his home crowd - going from relative unknown to household name. At the end of June that year, the then 19-year-old became the world's fastest amputee sprinter when he won the US trials in 10.85 seconds. His time was 0.06 seconds faster than the previous T44 record set in 2007.

Professional Body – British Athletics – Britishathletics.org.uk