

## World's End Junior School Knowledge Organiser

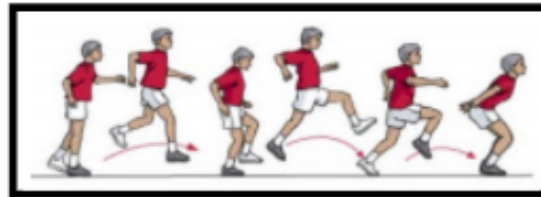
### Year 4 - Athletics

In this athletics unit, we will build on the basic skills learnt in year 3. This will include throwing the javelin and discuss with increasing accuracy. Further develop their own pace when running at different speeds and completing the long and triple jump.

Javelin overarm throw



Triple Jump -hop, step, jump



#### Movement

- I can run consistently at different speeds.
- I can show more control in different jumps.
- I can mostly use the correct techniques of throwing and jumping.

#### Leadership

- I can lead a relay team with some success.
- I will give constructive feedback.

#### Healthy lifestyle

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

#### Vocabulary

Relay, pace, jump, throw, sprint, technique, javelin, discus, shot put, hurdles, track and field, marathon.

#### Tactics and Strategies

- I can use different styles of running more consistently.
- I can think about different strategies to use depending on the event.

#### Personal and Social

- I can work with a partner or in a small group to practice skills.
- I can sometimes win and lose with dignity.



## **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.

**Marathon:** a long-distance race.

**Track and field:** different events within athletics.

## **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 – British  
[athletics.org.uk](http://athletics.org.uk)