



# P.E. Knowledge Organiser - Athletics (Year 3 & Year 4)



Key Vocabulary	
Speed	To move quickly
Acceleration	To go from still to moving at speed as fast as possible
Hurdles	An obstacle that a runner may have to jump over during a race
Reaction Time	How quickly you react to a stimulus
Track	Events that involve running, usually on the running track
Field	Events that are based around jumping and throwing
Endurance	Being able to repeat a specific movement - running a long distance
Momentum	Creating speed that is used to transfer into power for a jump, throw or to gain top speed as quickly as possible
Relay	Working as a team to complete a race with a baton

Track: Running Events	Running Technique	Field: Jumping & Throwing
<p><u>50m sprint:</u> Running as fast as you can from the start until the finish</p> <p><u>400m:</u> Endurance race meaning you can't sprint the entire race. You need to pace your race so that you don't get too tired too quickly but have still run as fast as you can.</p>	<p>Having a good technique will help improve times. When sprinting making sure that you run in a <u>straight line</u>, keep looking <u>forward</u> and not at others, run through the line and dip forward just as your finishing!</p>	<p><u>Howler Throw:</u> Overarm throw trying to launch the howler as far as possible. A straight or bent arm technique can be used.</p> <p><u>Standing Long Jump:</u> Two footed single jump forward.</p>

Elite competitions take place all over the world. The most famous is the Olympic Games, held every four years.

Events:  
100m, 200m, 400m, 800m, 1500m, 5000m, 10000m, 110m hurdles, 400m hurdles, 4x100m relay, high jump, long jump, triple jump, javelin, discus, decathlon.

Summer 2012 was an Olympic summer for England as London hosted the competition. Loads of fun activities took place for all ages around the country!

