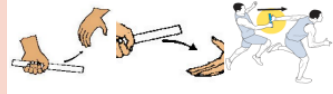




# P.E. Knowledge Organiser - Athletics (Year 5 & Year 6)



Key Vocabulary	
Analysis	Be able to look at performance and suggest improvements.
Technique	Understand the set of actions required for each activity.
Hurdles	An obstacle that a runner may have to jump over during a race
Relay Changeover	How the baton is passed from one runner to the next.
Track	Events that involve running, usually on the running track
Consistency	Being able to perform the same skill accurately repetitively.
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	Relay Changeover	Field: Jumping & Throwing
<p><u>75m Sprint:</u> Running as fast as you can from the start until the finish</p> <p><u>600m:</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>Passing the baton to the next runner is a vital aspect of a relay race. The next runner needs to be moving when the changeover is made. This allows the runner get to their top speed quicker and will finish the race in a faster time.</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>Long Jump:</u> Using a run up for momentum, taking off on one foot and landing on two. This is usually done into a sand pit.</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!

