KNOWLEDGE ORGANISER

PHYSICAL EDUCATION	ATHLETICS	YEAR 1/2

Cross curricular links

PSHE: Children learn about the importance of physical exercise and the impact this can have on our mental health.

Pictures/photos relevant to topic

Key skills

Children will learn to:

Use different techniques, speeds and effort to meet challenges set for running (including relay races).

Learn to be physically active for sustained periods of time.

Use different techniques, speeds and effort to meet challenges set for throwing (into targets) and jumping (hurdles, long jump) with increasing accuracy.

Understand the importance of warming up and cooling down when exercising.

Key Vocabulary/definitions

Speed – The ability to move all or part of the body as quickly as possible.

Relay – A race between two or more teams where each runner participates in only a part of the total distance.

Baton – A hollowed cylinder made of metal, wood or plastic that is passed from one runner to the next in relay races.

Javelin – A weighted spear that an athlete hurls into the air at the furthest distance possible.

Shotput – An event that involves "putting" (throwing) a heavy spherical ball as far as possible.

Long jump – Athletes combine speed, strength and agility in an attempt to leap as far as possible from a take-off point.

Hurdle - A type of jumping in which an athlete jumps over an obstacle at a high speed or in a sprint.

Key facts

Athletics is a name for various **sports** that test **speed** and **strength**. A person who takes part in an **athletics** competition is called an **athlete**.

There are two types of athletic events: **track** and **field**. Track events are running and walking races. Field events are jumping and throwing contests.

Usain Bolt, a Jamaican athlete born in 1986, is the fastest person in the world, setting the world record in the 100-meter sprint at 9.58 seconds.

Florence Griffith-Joyner, an American born in 1959, is the fastest woman in the world, running the 100-meter sprint at a time of 10.49 seconds.