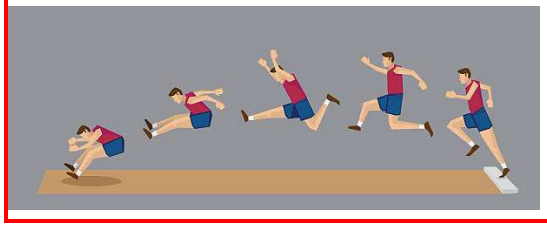
KNOWLEDGE ORGANISER

PE	ATHLETICS	LKS2

Cross curricular links

Maths – word problems (e.g. Each leg of the relay race is 275m. There are 4 runners. How many m is the relay race in total).
PSHE – physical health. How can we look after our body? How can sports help our mental health?
DT – nutrition. What foods will fuel our bodies for sports?

Pictures/photos relevant to topic



Key skills

Running
- Show consistent technique.
- Demonstrate sprinting techniques.

Jumping
- Perform a variety of outdoor jumps (triple jump, standing long jump, vertical jump).
- Perform jumps using a run up.

Throwing
- Throw with accuracy and power into a target area

Key Vocabulary/definitions

Athletics - the sport of competing in track and field events, including running races and various competitions in jumping and throwing.

Sprint - run at full speed over a short distance

Relay - a racing competition where members of a team take turns completing parts of the racecourse

Long Jump - an athletic event in which competitors jump as far as possible along the ground in one leap.

Javelin - A throwing event in which athletes throw a spear as far as possible

Key facts

The Olympics and The Commonwealth Games
Share videos of previous Olympic or Commonwealth events, discussing sportspeople such as Usain Bolt, Mo Farah, Dina Asher-Smith.