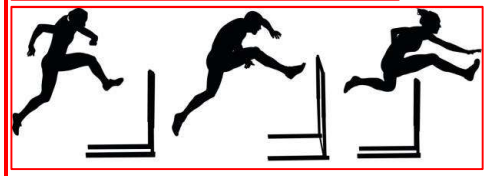
KNOWLEDGE ORGANISER

PHYSICAL EDUCATION	ATHLETICS	YEAR 5/6

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

Understand the effect that exercise has on the body.

Understand and demonstrate the different techniques needed for sprinting and for running for a sustained period.

Perform a range of outdoor jumps including those with a short run up.

Show consistent technique when running, performing outdoor jumps and throwing for distance.

Compare performances with previous ones and demonstrate improvement to achieve personal best.

Key Vocabulary/definitions

Long distance: Continuous running over distances of at least 1.9 miles.

Pace: Speed in walking, running or moving.

Relay: A race between two or more teams of contestants, each contestant being relieved by a teammate after running part of the total distance.

Change over: When a baton is handed from one runner to the next during a relay.

Triple jump: Performing a hop, a step and a jump from a running start.

Long jump: Jumping as far as possible along the ground in one leap.

Vertical jump: Jumping upwards into the air.

Chest push: Pushing a ball forcefully forward from the chest using both hands.

Javelin: A light spear thrown as far as possible.

Hurdles: A series of upright frames over which a runner must jump during a race.

Key facts

Athletics is the term used for various sports that test speed and strength. Athletics is mostly an individual sport, with the exception of relay races and competitions which combine athletes' performances for a team score.

Track events are running and walking races. Field events are jumping and throwing contests. Objects thrown by athletes include a hard disc, called a discus, and a light spear, called a javelin.

Most track events take place on an oval running track which is divided into eight lanes. Field events usually take place on a pitch inside this track.

Athletics events are among the most popular in the Olympic Games and they were a major feature of the early Olympics held in Ancient Greece. The term ‘athlete’ comes from the Greek word for contest or competition.