


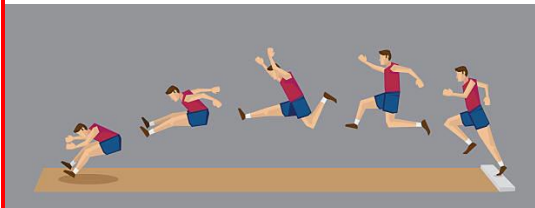




# KNOWLEDGE ORGANISER

PE	ATHLETICS		LKS2
Cross curricular links	Key skills	Key Vocabulary/definitions	
<p><b>Maths</b> – 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).</p> <p><b>PSHE</b> – physical health. How can we look after our body? How can sports help our mental health?</p> <p><b>DT</b> – nutrition. What foods will fuel our bodies for sports?</p>	<p><b>Running</b></p> <ul style="list-style-type: none"> <li>- To show consistent technique.</li> <li>- To demonstrate sprinting techniques.</li> </ul> <p><b>Jumping</b></p> <ul style="list-style-type: none"> <li>- To perform a variety of outdoor jumps (triple jump, standing long jump, vertical jump).</li> <li>- To perform jumps using a run up.</li> </ul> <p><b>Throwing</b></p> <ul style="list-style-type: none"> <li>- To throw with accuracy and power into a target area</li> </ul>	<p><b>Athletics</b> - the sport of competing in track and field events, including running races and various competitions in jumping and throwing.</p> <p><b>Sprint</b> - run at full speed over a short distance</p> <p><b>Relay</b> - a racing competition where members of a team take turns completing parts of the racecourse</p> <p><b>Long Jump</b> - an athletic event in which competitors jump as far as possible along the ground in one leap.</p> <p><b>Javelin</b> - A throwing event in which athletes throw a spear as far as possible</p>	
Pictures/photos relevant to topic			
			
 			
	<p style="text-align: center;"><b>Key facts</b></p> <p><b>The Olympics and The Commonwealth Games</b></p> <p><b>England playing hockey at the Commonwealth Games -</b>  <a href="https://www.youtube.com/watch?v=crS6bKleIQ&amp;list=PLC8GIM8JtFN44Au8g4n_RHz7nDcX01eX9&amp;index=3">https://www.youtube.com/watch?v=crS6bKleIQ&amp;list=PLC8GIM8JtFN44Au8g4n_RHz7nDcX01eX9&amp;index=3</a></p> <p><b>Usain Bolt's relay race -</b> <a href="https://www.youtube.com/watch?v=WaRRfc8GSZw">https://www.youtube.com/watch?v=WaRRfc8GSZw</a></p> <p><b>Mo Farah</b></p> <ul style="list-style-type: none"> <li>• Ten global championship gold medals</li> <li>• Appointed Commander of the Order of the British Empire in 2013</li> <li>• Knighted by Queen Elizabeth II in 2017 for his service to Athletics</li> </ul> 