



Knowledge Organiser

KS1- Athletics



Key Knowledge

Track- Running Events

Sprints: When you sprint, you use all your energy and run at your top speed for a short burst.

Long Distance: When you run long distances, you must pace yourself and keep going at a steady speed, so you don't get too tired. It's like taking lots of small steps to reach a faraway destination!

Running Technique

- Use your arms
- Look ahead

Field- Jumping & Throwing

Standing Long Jump: Bend the knees to a 90° angle & keep the feet flat to the floor. Swing both arms back, bending at the knees to maximum depth, before pushing up, swinging arms forward and propelling the body as far forward as possible.

Shotput: Hold the shot using the tips of the fingers, not the palm.
Encourage a push of the shot, instead of a throw.

Key Vocabulary

Speed	To move quickly.
Acceleration	To move from still to fast as quick as possible.
Reaction Time	How quickly you react to a stimulus.
Track	Events that involve running, generally on a track
Field	Events based around throwing & jumping.
Finishing Line	The point at which the race stops, but the runner shouldn't slow down till after.

What should I already know?

KS1

Year 1

- Running and stopping.
- Jumping, throwing and aiming.
- Balancing stood still.

Year 2

- Run at different speed.
- Jumping and hopping.
- Throwing towards a target.
- Some understanding of balance and coordination when changing direction

Focus Athletes

Track

Dina Asher-Smith

The fastest British Women in history. Competes in the 100m, 200m & 4x100m relay.



Laura Muir

Team GB 800m & 1500m runner, previously winning Olympic Silver & European Championship Gold.



Field

Lawrence Okoye

Competed at London 2012 & Tokyo 2020 Olympics.
British record holder in discus.

