



# Knowledge Organiser

## KS2- Athletics



### Key Knowledge

#### Track- Running Events

**Sprints:** Travelling over a short distance at close to maximum speed.

**Long Distance:** Travelling at a consistent speed over a long distance.

#### Running Technique

Using the arms is just as important when running as the legs. Run on the balls of the feet lifting the knees to a 90° angle.

When sprinting from a standing start, keep low to the ground, taking short quick steps to accelerate as quick as possible.  
Sprint in a straight line, keeping the head as still as possible.

#### 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.

**Triple Jump:** Initially, practice “same, other, both” without jumping. Progress to jumping for distance once confident with the foot placement.

**Discus:** Curl fingers and thumb, holding the discus without it touching the palm of the hand. Use the first finger to flick the discus on release to increase the distance it travels.

**Javelin:** Hold with palm facing up, above the shoulder with a bent elbow. Throw too low and the javelin will reach the floor too soon. Throw too high and the javelin will travel up, but not far.

**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.
Endurance	The body's physical capability to sustain an exercise for an extended period.
Power	Exerting maximal force in as little time as possible.

### 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.



#### What should I already know?

##### LKS2

- Balance, coordination and technique when running at different speeds.
- How to connect running and jumping movements.
- Different throws.
- Balance and coordination when changing direction.
- How to use coordination with increased control with and without equipment.
- 

##### UKS2

- How to consistently show balance, coordination and technique when running at different speeds: how to avoid our peers.
- Hopping and jumping actions including running as an in between. How to perform different take offs and landings while maintaining balance.
- How to jump for distance and height showing control.
- Throwing with accuracy and power towards a target.
- How to demonstrate good balance and control when performing skills.
- How to coordinate our bodies at speed.