

# KS3 PE KNOWLEDGE ORGANISER – ATHLETICS

TRACK EVENTS	
CORE SKILLS	ADVANCED SKILLS
100m, 200m, 800m, 1500m	
<ol style="list-style-type: none"> <li>Starting</li> <li>Finishing</li> <li>Posture</li> <li>Leg action</li> <li>Arm action</li> <li>Head carriage</li> </ol>	<ol style="list-style-type: none"> <li>Starting (use of sprint start)</li> <li>Leg action (foot strike / cadence)</li> <li>Bend running (where relevant)</li> <li>Stride pattern/pacing</li> </ol>

Decision making and tactical awareness, to include:
<ol style="list-style-type: none"> <li>Pre-race tactics</li> <li>Changing and adapting your race tactics</li> <li>Positioning in the field, where to run in the pack, when to lead and when to follow (where appropriate)</li> <li>Timing of kicking for the finish line</li> <li>When to dip for the finish line Awareness of the rules and regulations of the event and their application (including officials commands/signals)</li> </ol>

JUMPING EVENTS	
CORE SKILLS	ADVANCED SKILLS
HIGH JUMP, LONG JUMP, TRIPLE JUMP	
<ol style="list-style-type: none"> <li>Approach</li> <li>Synchronisation of arm and leg action</li> <li>Flight</li> <li>Landing</li> </ol>	<ol style="list-style-type: none"> <li>Approach:               <ul style="list-style-type: none"> <li>Hitting appropriate speed for take off</li> </ul> </li> <li>Efficient transition between technical phases of the movements</li> <li>Flight:               <ul style="list-style-type: none"> <li>Appropriate elevation</li> </ul> </li> <li>Landing               <ul style="list-style-type: none"> <li>movement of the body beyond initial point of contact (long jump and triple jump)</li> </ul> </li> </ol>

Decision making and tactical awareness, to include:
<ol style="list-style-type: none"> <li>Pre-event tactics</li> <li>Tactics for qualifying jumps/Entry height and the choice of when to 'pass' on a height/round</li> <li>Changing and adapting your jump tactics:</li> <li>Consideration of weather conditions</li> <li>Appropriate distance/number of steps chosen for run up</li> <li>In competition check mark adjustment</li> <li>Awareness of the rules and regulations of the event and their application (including officials commands/signals)</li> </ol>

THROWING EVENTS	
CORE SKILLS	ADVANCED SKILLS
SHOT, DISCUS, JAVELIN	
<ol style="list-style-type: none"> <li>Initial stance</li> <li>Grip</li> <li>Throwing action</li> <li>Release phase</li> <li>Recovery phase / follow through</li> </ol>	<ol style="list-style-type: none"> <li>Travel:               <ul style="list-style-type: none"> <li>use of cross step/glide (where applicable)</li> <li>rotational throws (where applicable)</li> </ul> </li> <li>Release phase:               <ul style="list-style-type: none"> <li>Appropriate angle of release</li> </ul> </li> <li>Efficient transition between technical phases of the movements</li> </ol>

Decision making and tactical awareness, to include:
<ol style="list-style-type: none"> <li>Pre-event tactics</li> <li>Tactics for qualifying throws</li> <li>Changing and adapting your jump tactics:               <ul style="list-style-type: none"> <li>Consideration of weather conditions</li> <li>Check mark adjustments (Javelin only)</li> </ul> </li> <li>Awareness of the rules and regulations of the event and their application (including officials commands/signals)</li> </ol>