

KS3 PE KNOWLEDGE ORGANISER – ATHLETICS

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

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

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

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

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

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