

PE KS2 Knowledge Organiser - Year 3/4

Summer 2—Athletics

What I should already know

- Development of spatial awareness.
- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Developing simple tactics for attacking and defending

What I will learn (Sticky knowledge)

- The unit of work will explore how we can use our bodies to run as fast as possible, exploring the correct technique individually and within teams.
- We will also begin to examine how to jump as far as possible and compare throwing accurately with throwing for distance.

What I will learn next

- We will consolidate our knowledge, understanding and ability to sprint effectively, individually and within a team.
- We will be able to develop our technique for throwing a shot putt and explore and develop an understanding of how to hurdle safely.



Key Vocabulary

Tactics	Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.
Speed	Is the ability to move all or part of the body as quickly as possible. Speed is vital to success when sprinting or throwing an object.
Acceleration	is how quickly an athlete can increase their speed over a distance. For example this might mean how quickly an athlete ran over 10m starting from a stationary position.
Distance	is defined as the length of space between two points. This might mean how far an athlete has to run, how far an athlete has thrown an object, or how far an athlete has jumped.
Accuracy	is the ability to control where we throw an object.
Relay	A relay is a running race where members of a team take turns to complete parts of the race.

