

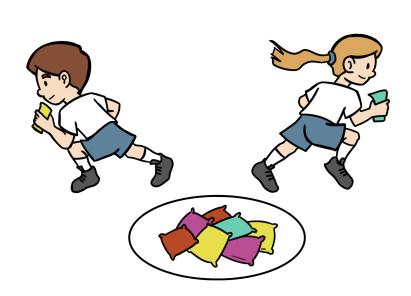
Knowledge Organiser: Athletics Y1

Links to the PE National Curriculum

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- They should be able to engage in competitive (both against self and against others) physical activities.
- Pupils should be taught to master basic movements including running, jumping, throwing as well as developing balance, agility and coordination.

Key Skills: S.E.T Key Skills: Physical

- Running at different speeds
 Social: Working safely
- Agility and co-ordination
- Jumping for distance
- Throwing for distance
- Throwing for accuracy
- Balance



- Social: Collaborating with others
- Emotional: Working independently
- Emotional: Determination
- Thinking: Observing and providing feedback
- Thinking: Exploring ideas

Official Athletic Events

Running

Sprinting

100m, 200m, 400m

Hurdles Relay

Middle distance 800m, 1500m

Long distance 5,000, 10,000

Steeplechase

Jumping

Long jump Jump for distance

Triple jump

Jump for distance

High jump

Jump for height

Pole vault

Jump for height

Throwing

Discus

Fling throw Shot

Push throw

Hammer

Fling throw

Javelin

Pull throw

Key Vocabulary:

slow aim fast jump direction bend improve safely travel balance

Teacher Glossary

Jump: take off and land on two feet

Hop: take off on one foot and land on the same foot

Leap: take off on one foot and land on the other