



KNOWLEDGE ORGANISER: P.E. – Athletics Year 4 Block 6

Athletics Skills Knowledge Organiser - Year 4



Prior Learning: In year 3, children continued to practice their running technique. They learned the technique of how to throw a javelin and vortex. They recapped the standing long jump and progressed on to the triple jump. They learned the shot put technique, using a tennis/small ball. They learned how to complete a relay change over with a partner. They were also taught how to time sprints and measure their jumps/throws.

Physical Me

- **Running** - Sprint (50m)
- Relay
- **Throwing** - Javelin/vortex
- Shotput
- **Jumping** - Standing long jump
- Standing Triple jump (**hop, step, jump**)
- **Striding**
- **Balance, Co-ordination, Power, speed, flexibility, agility**



Key Skills

- Value Me:**
- Perseverance
 - Self belief

Thinking Me

- Recalling information
- Decision making

Social Me

- Encourage others
- Communication



Athletic Events

Track Events:

- 100m sprint
- 200m sprint
- 400m sprint
- 800m middle distance
- 1500m middle distance

Field events:

- Javelin throw
- Long Jump
- Triple Jump
- Shot put
- Discus
- High Jump

Key Vocabulary

Technique

Accelerate

Triple Jump

Compete

Change Over

Mini Coaches

Shot put

Baton

Short Distance

Key Knowledge

Accelerate (running) - Acceleration is the transition from standing to top-end speed . This normally takes about 3-4 seconds, from the start of a sprint

Standing Long Jump- Jumping two feet to two feet

Standing Triple jump- Hop, Step and a Jump

Shot put - Event involves pushing rather than throwing the shot (heavy ball)

Relay- A relay race is a track event in which athletes run a pre-set distance carrying a baton before passing it onto the next runner. Often, a relay team is a team of four sprinters.

Inspirational Athletes

David Weir

David Weir (CBE) is a British Paralympic wheelchair athlete.

He has won a total of six gold medals at the 2008 and 2012 Paralympic Games, and has won the London Marathon on eight occasions.

In London 2012, he won four gold medals - the T54 800m, 1500m, 5000m and marathon.

